

ARIZONA HOUSE OF REPRESENTATIVES  
Fifty-fifth Legislature - Second Regular Session

TEEN MENTAL HEALTH HOUSE AD HOC COMMITTEE

Report of Interim Meeting  
Monday, September 26, 2022  
House Hearing Room 1 (58) -- 9:00 A.M.

Convened 9:10 A.M.  
Recessed  
Reconvened  
Adjourned 12:18 P.M.

MINUTES RECEIVED  
CHIEF CLERK'S OFFICE

9-27-22

Members Present

Representative Osborne, Chairman  
Representative Blackwater-Nygren  
Ms. Blalock  
Ms. Coggins  
Ms. Godbehere  
Ms. Guy  
Mrs. Harrison  
Ms. Jones Mellon  
Dr. Kirkilas  
Ms. McPherson  
Pastor Nunez  
Mr. Sampson  
Sergeant Tyler

Members Absent

Representative Grantham  
Ms. Breitwieser Cutshall  
Dr. Chhatwal  
Ms. Corieri  
Ms. Espino  
Representative Hernandez  
Ms. McWilliams

Agenda

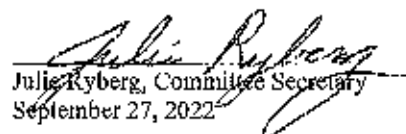
Original Agenda – Attachment 1

Committee Attendance

Report - Attachment 2

Presentations

<u>Name</u>	<u>Organization</u>	<u>Attachments (Handouts)</u>
Dr. Krasnow	ASU Health & Counseling Services	3
Larry Tracey	Way Out West Coalition	4
Annie Middlemist	Speak Up, Stand Up, Save a Life	5
Merilee Fowler	Substance Abuse Coalition Leaders of Arizona	6
Riana Alexander, Maya Lehti,	Arizona Students for Mental Health	7
Elle Mramor		
Shelley Mellon	Access to Care, Depression and Mental Illness Working Group	8
Katey McPherson, Jennifer Blalock, Sally Harrison, Sgt. Sean Tyler	Bullying and Social Media Working Group	9
Bernadette Coggins	Family Support and Substance Abuse Working Group	10

  
Julie Ryberg, Committee Secretary  
September 27, 2022

(Original attachments on file in the Office of the Chief Clerk; video archives available at <http://www.azleg.gov>)

Interim agendas can be obtained via the Internet at <http://www.azleg.gov/Interim-Committees>

## ARIZONA HOUSE OF REPRESENTATIVES

### INTERIM MEETING NOTICE OPEN TO THE PUBLIC

*Convened 9:10 a.m.  
Adjourned 12:18 p.m.*

#### TEEN MENTAL HEALTH HOUSE AD HOC COMMITTEE

**Date:** Monday, September 26, 2022

**Time:** 9:00 A.M.

**Place:** HHR 1


Members of the public may access a livestream of the meeting here:

<https://www.azleg.gov/videoplayer/?clientID=6361162879&eventID=2022091009>

#### AGENDA

1. Call to Order
2. Minute for Good
3. Public Testimony
4. Comments from Chairman Osborne
5. Presentations:
  - Dr. Krasnow, Associate Vice President, ASU Health and Counseling Services
  - Way out West Coalition
  - Larry Tracey, Executive Director
  - Speak Up, Stand Up, Save a Life
  - Annie Middlemist, Executive Director
  - Substance Abuse Coalition Leaders of Arizona
  - Merilee Fowler, Founder
  - Arizona Students for Mental Health
6. Updates on Workgroup Proposals and Potential Solutions:
  - Access to Care, Depression and Mental Illness
  - Bullying and Social Media
  - Family Support and Substance Abuse
7. Committee Discussion
8. Adjourn

## Members:



Representative Joanne Osborne, Chair  
Representative Travis W. Grantham, Co-Chair  
Representative Jasmine Blackwater-Nygren  
Representative Alma Hernandez  
Jennifer Blalock  
Lisa Breitwieser Cutshall  
Dr. Jasleen Chhatwal  
Bernadette Coggins  
Candy Espino

Gina Godbehare  
Kristina Guy  
Sally Harrison  
Shelley Jones Mellon  
Dr. Gary Kirkilas  
Katey McPherson  
Kimberly McWilliams  
Pastor Ryan Nunez  
Solomon Sampson  
Sergeant Sean Tyler

09/19/2022  
09/22/2022  
ra

**People with disabilities may request reasonable accommodations such as interpreters, alternative formats, or assistance with physical accessibility. If you require accommodations, please contact the Chief Clerk's Office at (602) 926-3032 or through Arizona Relay Service 7-1-1.**

**ARIZONA STATE LEGISLATURE**  
Fifty-fifth Legislature - Second Regular Session  
**COMMITTEE ATTENDANCE RECORD**

COMMITTEE ON AD HOC COMMITTEE ON TEEN MENTAL HEALTH

CO-CHAIRMAN: Joanne Osborne CO-CHAIRMAN: Travis Grantham

DATE	9/26/22	1/22	1/22	1/22	1/22
CONVENED	9:10 am	m	m	m	m
RECESSED					
RECONVENED					
ADJOURNED	12:18 pm				
MEMBERS:					
Blackwater-Nygren J	✓				
Hernandez, A	-				
Ms Blalock, J	✓				
Ms Breitwieser-Cutshall, L	-				
Dr. Chhatwal, J	-				
Ms Coggins, B	✓				
Ms Espino, C	-				
Ms Godbhere, G	✓				
Ms Guy, K	✓				
Ms Harrison, S	✓				
Ms Jones Mellon, S	✓				
Dr. Kirkilas, G	✓				
Ms McPherson, K	✓				
Ms McWilliams, K	-				
Pastor Nuncz, R	✓				
Mr Sampson, S	✓				
Sgt. Tyler, S	✓				
Grantham T, Co-Chairman	-				
Osborne, J, Co-Chairman	✓				

✓ Present      - Absent      exc Excused



# **Using a public health approach for assessing needs and mobilizing action**

**Aaron D. Krasnow, Ph.D.**

**[dkrasnow@gmail.com](mailto:dkrasnow@gmail.com)**



**Adopt a public  
health mindset**

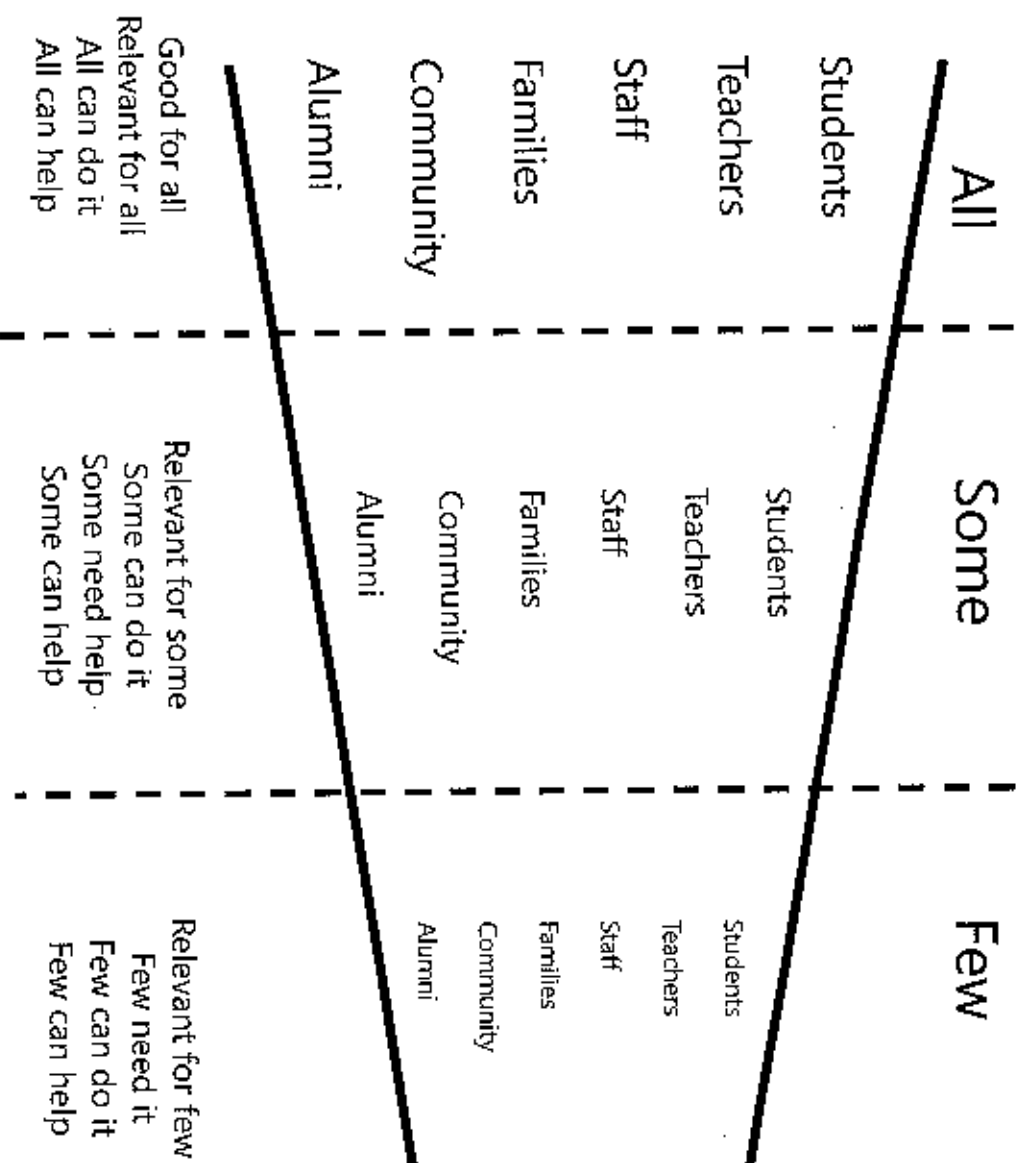
**Remember 3 words:**

**All, some, few**

**Every effort needs to be focused on 1 or more of these groups**

**Every effort needs to be executed by 1 or more of these groups**

# Public health mindset





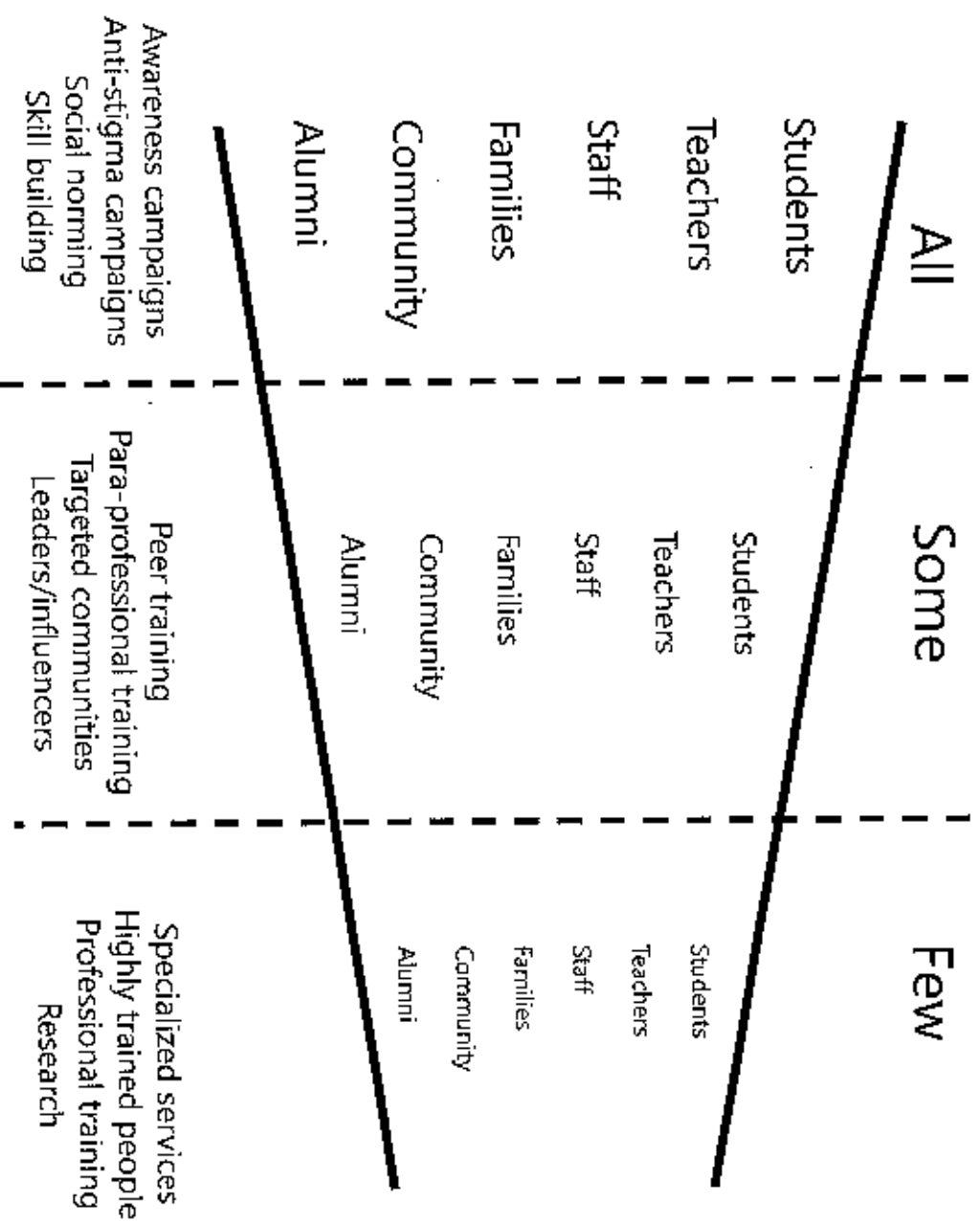
## Map your current work

**Map current activity and use the public health essentials to evaluate their relevance:**

Example: You **determine** that your students are experiencing levels of **loneliness** that outpace **national averages** and you want to **respond**.

1. What are you currently doing?
2. Who should be involved and what should they do?
3. Is it working? How do you know?

# Intervention for loneliness:





**Thank you**

**Questions?**

Aaron D. Krasnow, Ph.D.  
[drkrasnow@gmail.com](mailto:drkrasnow@gmail.com)  
480-216-7051

# youth /

## *Skills for Leadership & Success*

# YOUTH

*Skills for Leadership & Success*



COALITION  
Building Drug-Free  
Communities

In Partnership with





# Our Goal

---

**Help our youth do adolescence well  
by giving them the opportunity  
to grow-up drug and alcohol free.**

COALITION  
Building Drug-Free  
Communities

Youth /



**GET <sup>IN</sup>THE WAY GET <sup>IN</sup>THE WAY GET <sup>IN</sup>THE WAY GET <sup>IN</sup>THE WAY GET <sup>IN</sup>THE WAY**



# Walking in the Athletic Shoes

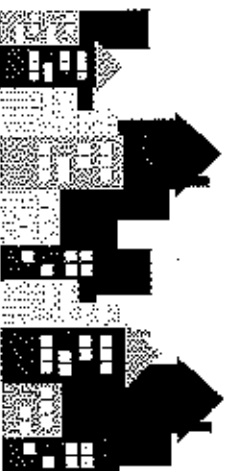


Excellence | Drug-Free  
Communities

## youth

*Skills for Leadership & Success*

GET THE WAY GET THE WAY GET THE WAY GET THE WAY GET THE WAY GET THE WAY



### Drug-Free Communities

Local Problems Require Local Solutions

This video was supported by the Office of National Drug Control Policy (ONDCP) and the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award funded by ONDCP. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ONDCP, CDC/HHS, or the U.S. Government.

COALITION  
Building Drug-Free  
Communities

GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY

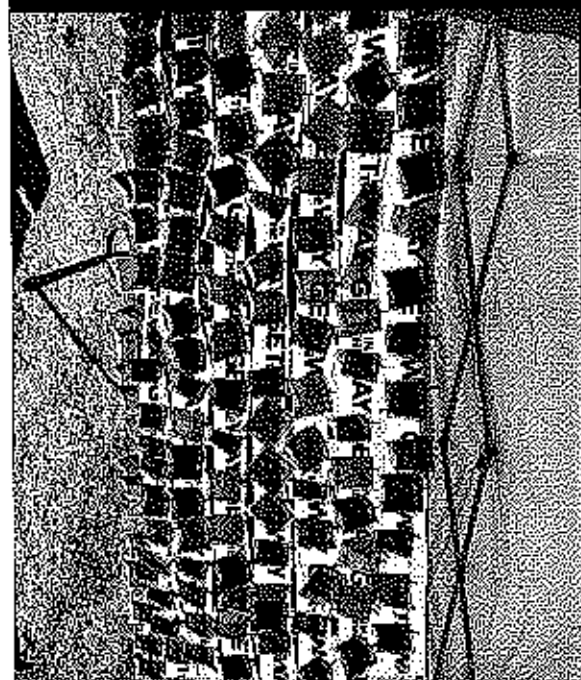
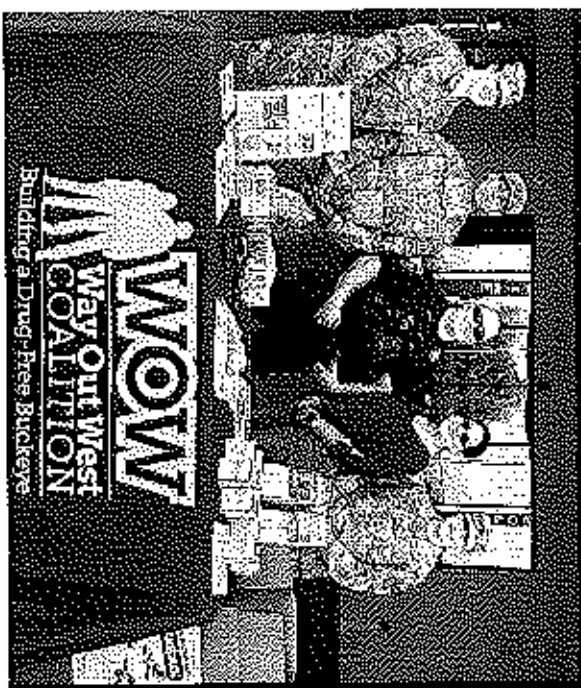
## COMMUNITY EVENTS

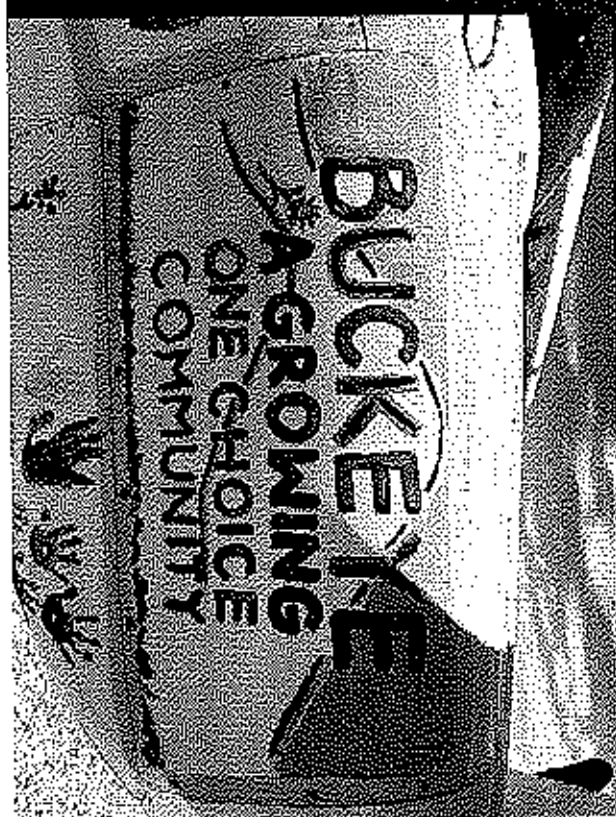
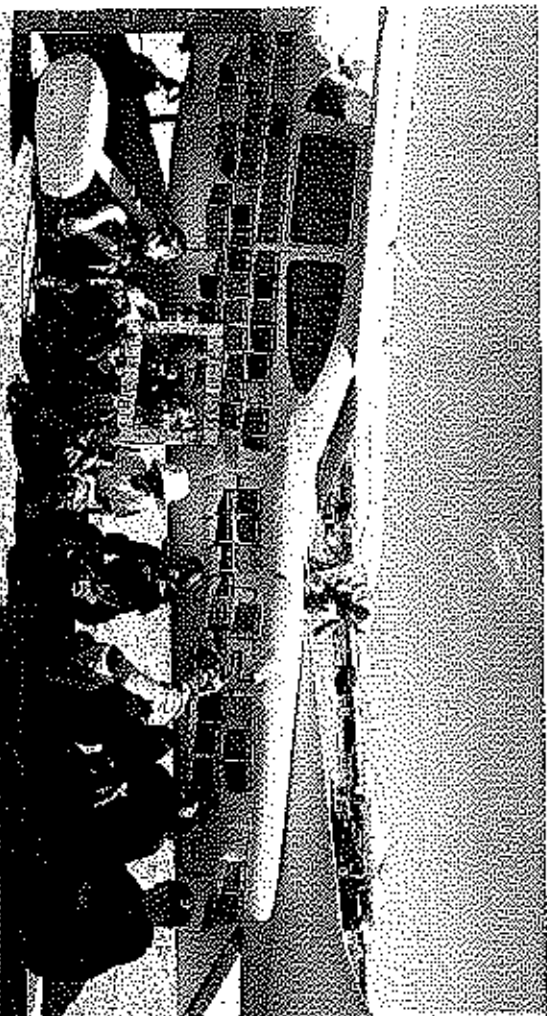
- |                          |                    |
|--------------------------|--------------------|
| Dog Days of Buckeye      | Buckeye Air Fair   |
| Veterans Parade          | Veterans Lift Up   |
| Fall Festival-Riata West | Red Ribbon Week    |
| Concerts in the Park-    | Spring Celebration |
| Tartesso & Festival      | Compassion Clinic  |
| Buckeye Days             |                    |
| Drug Take Backs          |                    |
| Hopefest-Summit Church   |                    |
| Glow on Monroe           |                    |



GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY







**GET THE WAY GET THE WAY GET THE WAY GET THE WAY GET THE WAY**

**THE GET THE WAY CAMPAIGN THROUGHOUT THE CITY IS BACK!**

**GET THE WAY GET THE WAY GET**



**GET THE WAY GET THE WAY GET**



**GET THE WAY GET THE WAY GET**



**GET THE WAY GET**

**of Underage  
Drinking  
and Drug Use.**

[wowcoalition.org](http://wowcoalition.org)

**GET THE WAY GET**

**Don't Share.  
Lock Them Up.  
Dispose of Properly.**

[wowcoalition.org](http://wowcoalition.org)

**GET THE WAY GET THE WAY**

**of Underage Drinking  
and Drug Use.**

[wowcoalition.org](http://wowcoalition.org)

**COALITION  
Building Drug-Free  
Communities**



# THE NEW YORK STATE NAACP



**THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY**

COALITION  
Building Drug-Free  
Communities



## WEBSITE STATS

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### UNIQUE VISITORS

27,792 unique visitors



### RESOURCE PAGE

2,611 views



### RESOURCES

1,556 downloads



### BLOG

20,547 views



### WEBINARS

414 views

# MEDIA STATS



## BILLBOARDS

16,024,210 Reach



## PRINT MEDIA

1,659,500 Reach



## SOCIAL MEDIA

217,742 post views



## VIDEOS

291,854 views



## PANDORA

212,468 Impressions

## INFORMATION CARDS

100  
 90  
 80  
 70  
 60  
 50  
 40  
 30  
 20  
 10  
 0

### Technology of Machine

PROPERTY  
DEPT

halogenated compounds and nitrogenous bases. The formation of the dimeric form is observed in the presence of both the dimeric and monomeric forms of the compound. The dimeric form is the most stable form of the compound.

Type of Carbohydrate	
Starch	2.5% (2.500 g)
Glucose	2.49% (2.490 g)
Fructose	2.49% (2.490 g)
Galactose	2.49% (2.490 g)

[illegible]

**Weight Matters**

**WOMEN** **GETTING** **BY**

[illegible]

# WHAT ARE ACES?

ACES stands for **A**nti-Corruption **E**xecutive **S**ociety. It is a non-profit organization that was founded in 1992 by a group of former executives of the American Petroleum Institute (API) who were concerned about the influence of the oil industry on the political process. The organization's mission is to promote transparency and accountability in the political process, and to ensure that the interests of the American people are protected.

ACES has a number of programs and initiatives, including:

- 1. **Open Politics**: A program that provides free access to the records of all federal, state, and local government officials, including their financial disclosures, campaign records, and voting records.
- 2. **Open Government**: A program that provides free access to the records of all federal, state, and local government agencies, including their budgets, contracts, and personnel files.
- 3. **Open Elections**: A program that provides free access to the records of all federal, state, and local elections, including the names of all candidates, the results of the elections, and the names of all voters.
- 4. **Open Records**: A program that provides free access to the records of all federal, state, and local government agencies, including their budgets, contracts, and personnel files.
- 5. **Open Access**: A program that provides free access to the records of all federal, state, and local government agencies, including their budgets, contracts, and personnel files.

ACES is a 501(c)(3) non-profit organization, and its activities are exempt from federal income tax. The organization is supported by a number of private donors, including the American Petroleum Institute (API), the American Insurance Association (AIA), and the American Medical Association (AMA).

ACES is a leading voice in the anti-corruption movement, and its programs and initiatives have helped to promote transparency and accountability in the political process. For more information about ACES, please visit our website at [www.aces.org](http://www.aces.org).

[illegible][illegible]

**GET IT WAY**

In America, debt consolidation is becoming more and more popular. In fact, according to a survey by the National Debt Relief Association, 60% of Americans are considering debt consolidation.

At Capital One, we understand the need for a debt consolidation loan. That's why we've created the Capital One Debt Consolidation Loan. It's a personal loan that can be used to pay off your credit cards, medical bills, and other debts. The loan is unsecured, so you don't need to collateralize it. And, it has a fixed interest rate, so you know exactly how much you'll pay.

Here are some of the benefits of the Capital One Debt Consolidation Loan:

- **Low interest rates.** We offer some of the lowest interest rates in the industry.
- **Flexible repayment terms.** You can choose from 36, 48, or 60 months.
- **No prepayment penalties.** Pay off your loan early without any penalties.
- **Automatic payments.** Set up automatic payments to help you stay on track.

For more information, visit [capitalone.com/debtconsolidation](http://capitalone.com/debtconsolidation).

**Capital One Debt Consolidation Loan**

APR 14.99% - 19.99% (variable)

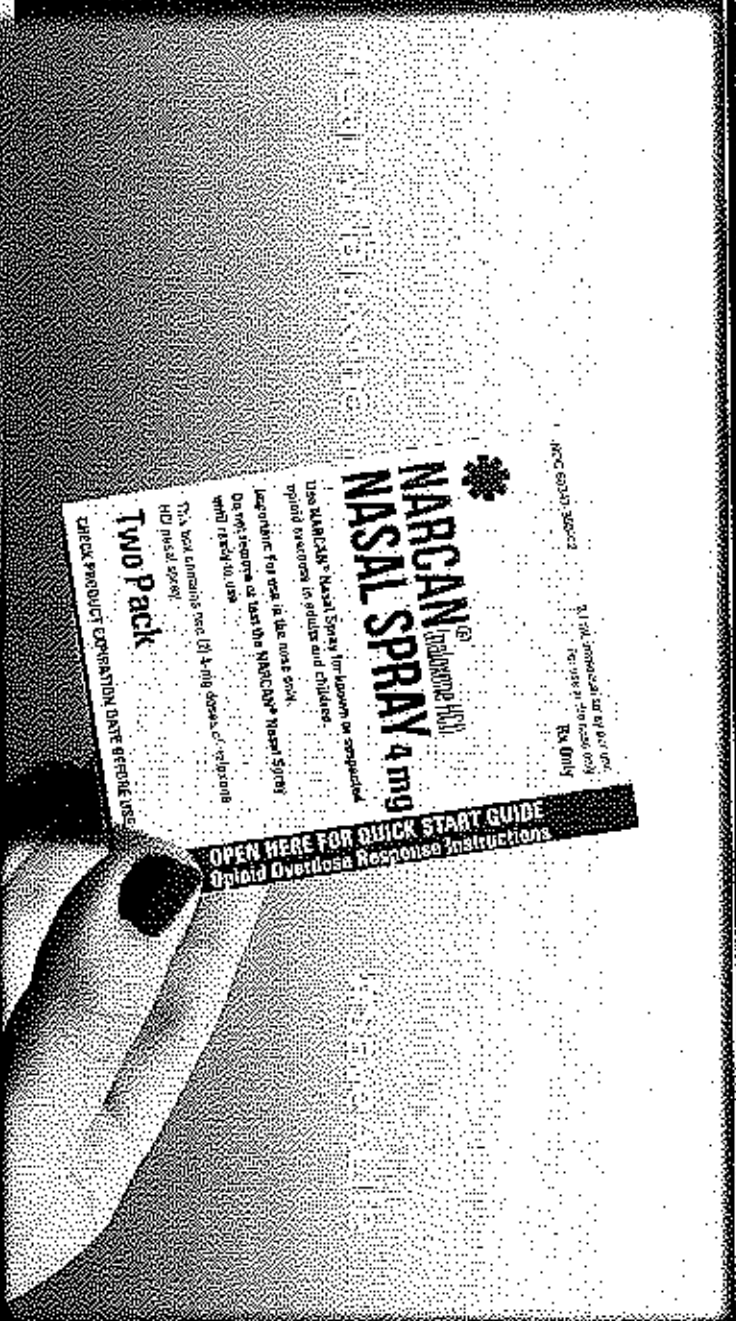
**Capital One**

© 2014 Capital One Bank. All rights reserved. Terms, conditions, and restrictions apply. See [capitalone.com/debtconsolidation](http://capitalone.com/debtconsolidation) for details.

# COALITION Building Drug-Free Communities

GET THE WAY GET THE WAY GET THE WAY GET THE WAY GET THE WAY

# NARCAN DISTRIBUTION



COALITION  
Building Drug-Free  
Communities

#### 4 Quick Videos That May Save a Life

Opioids are a class of drugs that include synthetic opioids such as **fentanyl**, and pain relievers available legally by prescription, such as oxycodone (**Percocet®**), hydrocodone (**Vicodin®**), codeine, morphine, and the illegal drug **heroin** among many others. Opioids are highly addictive. They can quickly lead to Opioid Use Disorder (OUD). Opioid Use Disorder occurs when dependence interferes with daily life, and causes withdrawal symptoms, which makes it difficult to stop taking them.



Building Drug-Free  
Communities

[www.wowcoalition.org](http://www.wowcoalition.org)

#### Fentanyl — A Deadly Substance



What is an opioid overdose?



How to reverse an opioid  
overdose with NARCAN



Arizona's Good Samaritan Law

**GET IN THE WAY. GET IN THE WAY. GET IN THE WAY. GET IN THE WAY.**

GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY

# Coordinated Media Campaigns

BILLBOARDS, MAILERS, NEWSPAPER, MAGAZINE,  
AND SOCIAL MEDIA

COALITION  
Building Drug-Free  
Communities

GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY



# What's your ACE Score?

- [illegible]

Article 19



**GET IN THE WAY GET IN THE WAY GET IN THE WAY**



## MAGAZINE

**DON'T LET ACES  
DEFINE YOU;  
BREAK THE CYCLE  
OF TOXIC STRESS.**

**DON'T STAY STUCK!**

WHEN YOU'RE READY,  
VISIT THE QR CODE.



## GETAWAY GETAWAY

**GET THE WAY GET THE WAY GET THE WAY GE**

→ VISIT WHEN YOU'RE READY  
WOWCOALITION.ORG/RESOURCES

**DON'T LET ACES DEFINE YOU;  
BREAK THE CYCLE OF TOXIC STRESS.  
DON'T STAY STUCK!**



**WANT TO KNOW HOW TO GET THE MOST OUT OF YOUR VISA?**

## Break the Cycle of Toxic Stress

**SUPPORT IS OUT THERE:**

NIA72061 SLIPICE POGYVIZTAS N UPLN  
 dale 8100-273-8255  
 Chae a d f b e r v i n d o n t h e l e a s t

**VETERANS CRISIS LINE**

Call: 1-800-475-5255 and Press 1

100% Cotton

TECH CHALK LBS

CAT: 602-284 8336

Forc - HOME: 22 301 704 | КСР-НТ-ТМ 12-УРМ

www.ccsilindia.org | E: info@ccsilindia.org

www.pearsoned.com

MAILER

**GET AWAY GET AWAY GET AWAY GET AWAY GET AWAY**

**DON'T LET ACES DEFINE YOU;  
BREAK THE CYCLE OF TOXIC STRESS.**

**DON'T STAY STUCK!**

Whyte goes on to have been more about ACEs (Adverse Childhood Experiences) what they might mean for you, and how to break the generational cycle by visiting the 60 code.



## Specialty

Wayssolution.com

# GET THE WAY GET THE WAY GET THE WAY



# **YOUTH FOCUSED PROGRAMMING**

## **Goal 1:**

**Expand youth prevention programming focusing on physical, emotional, mental health and wellness, and vaping, marijuana, alcohol, Rx and opioid awareness.**



# THRIVE STATS

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- Reached 1,533 students
- Total of 377 sessions
- Total of 432 volunteer hours
- Total of 8 schools



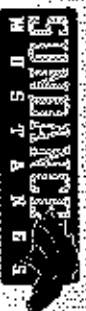
# PREVENTION PROGRAM STATS

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Prevention Reach: 2,182

Prevention Sessions: 90

- Vape – 30
- Fentanyl – 24
- UAD – 29
- Refusal skills/value choices – 7



## **Goal 2:**

**Create diverse teams of youth (grades 6-8 and high school) who will develop peer-to-peer trauma-informed marketing messaging throughout the school campus to coincide with drug, alcohol, and life skill classroom lessons, focusing on the awareness and development of protective factors.**



It's Just... **DUMB** Disrespect  
**DUMB** Unkindness  
**DUMB** Jealousness  
**DUMB** Bullying  
**DUMB!**



POSTNET

aps Mainland



Youth

**GET THE WAY**  
 Say Something  
 Do Something

**ED ALLIANCE**  
 Building Drug-Free  
 Communities



COALITION  
Building Drug-Free  
Communities



# CHALLENGES OF SCHOOL LIFE



NEGATIVE THOUGHTS  
DEPRESSION

RELATIONSHIPS

PEER PRESSURE

SOCIAL MEDIA

SOCIETAL STANDARDS

ANXIETY/STRESS

GRADES/HOMEWORK

DRUGS

YOUTH 4 YOUTH

COALITION  
Building Drug-Free  
Communities

# DON'T STRUGGLE IN SILENCE

## DAVANTHER'S

## youth & youth



Copyright © Youth Struggle





### **Goal 3:**

**Create Trauma Informed Classrooms by educating teachers on ACEs (Adverse Childhood Experiences) and equip teachers with trauma informed approaches to utilize in their classroom experience.**



# MINDFULNESS ROOMS

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## Goal 4:

Create and equip Mindfulness Rooms on multiple campuses in the Buckeye Elementary School District using trauma-informed approaches to support student success.

- All 9 BESD Campuses are have Mindfulness Rooms



GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY

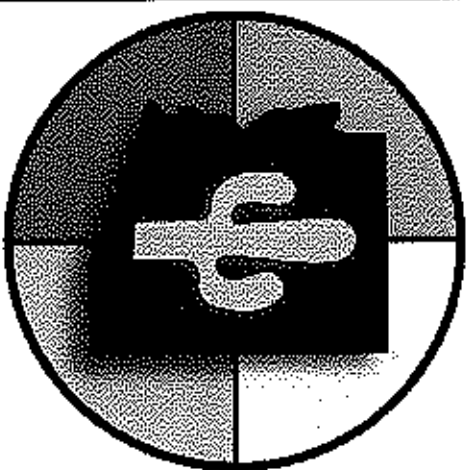
UP  
RISE

Glendale  
Coalition



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Communities

GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY GET IN THE WAY



**Substance Abuse  
Coalition Leaders  
of Arizona**

# THE REST OF THE STORY

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# FILED IN THE BACK OF MY MIND

---

Every school district has one or more Primary Prevention Specialist on staff whose only job is to deliver youth resiliency and primary prevention lessons/training.

# youth ✓

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*Skills for Leadership & Success*

Thank you!

Larry Tracey

[larry@youth4youth.org](mailto:larry@youth4youth.org)

623-208-3230

**SPEAK UP**

**STAND UP  
SAVE A LIFE**

**#CoticeEnough**





# CO-FOUNDERS



Empowering youth to speak up.



Gina **GODBEHERE**



Dr. Lily **MATOS DEBLIEUX**





# WHY ARE WE HERE?

To empower youth to speak up by providing students and educators with the tools to recognize and positively respond to behavioral health cues in their peers to enhance school safety and prevent tragic results from the ill effects of uninformed self-medication and self-compensation, such as suicide and overdose.



# WHY ARE WE HERE?

The Conference aims to...

- Prevent Suicide
- Inhibit Substance Abuse
- Stop Bullying
- Support Mental Health



Encourage and Empower students to **SPEAK UP.**

# SUICIDE WHY WE CARE





**SUICIDE**

**WHY WE CARE!**

**SECOND  
LEADING CAUSE  
OF DEATH  
FOR AGES 10-24**



# **SUICIDE**

**WHY WE CARE!**

**IN ARIZONA**

- Suicide is up 30% in young people
- We lost 49 students to suicide in 2020
- 71% were male, 29% were female





# **MENTAL HEALTH**

**WHY WE CARE!**

**ISOLATION**

**IRRITABILITY**

**8 AGGRESSIVENESS**

**SELF HARM**

**(CUTTING | BURNING)**

**SOME  
WARNING  
SIGNS**

**NEGATIVE**

**(VIEW OF SELF)**

**ENGAGING**

**IN "RISKY" BEHAVIOR**

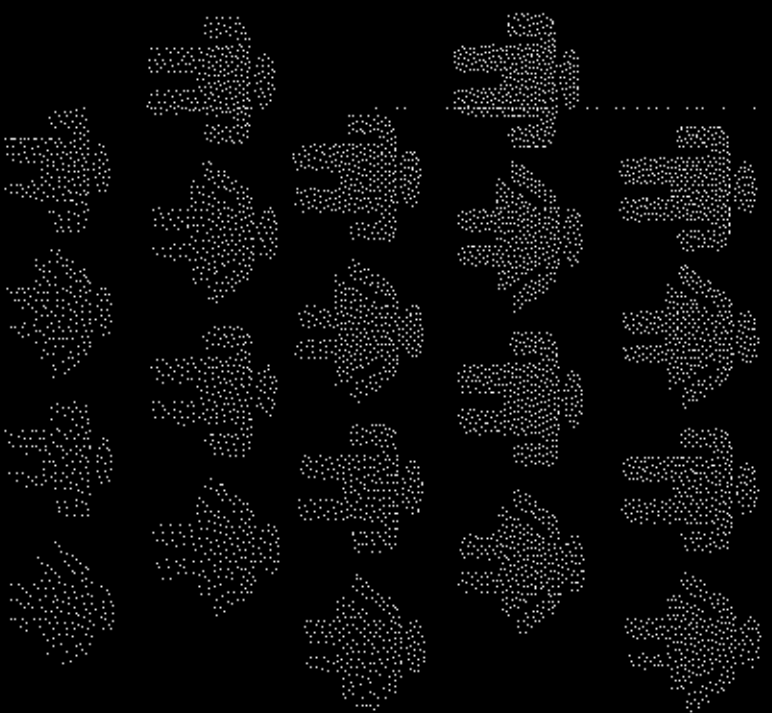
**NO HOPE**

**OF THE FUTURE**



# **SUICIDE**

**WHY WE CARE!**



**THE**

**UNITED  
STATES  
LOSES 20  
STUDENTS  
A DAY TO  
SUICIDE**

# **MENTAL HEALTH**

## **WHY WE CARE**



# MENTAL HEALTH

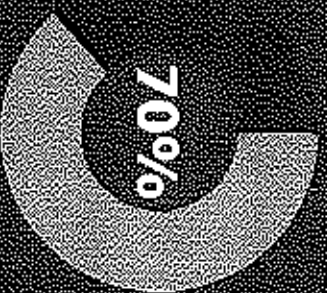
WHY WE CARE!

One in four in the U.S.

have **learned** anxiety or  
**depression** as a major problem

among their peers in the

community





## **MENTAL HEALTH**

**WHY WE CARE!**

**Well-being increases positivity,  
motivation, physical & mental  
health, social connections,  
and cognitive, behavioral, and  
emotional engagement at  
school.**



# PREVENT SUBSTANCE ABUSE WHY WE CARE

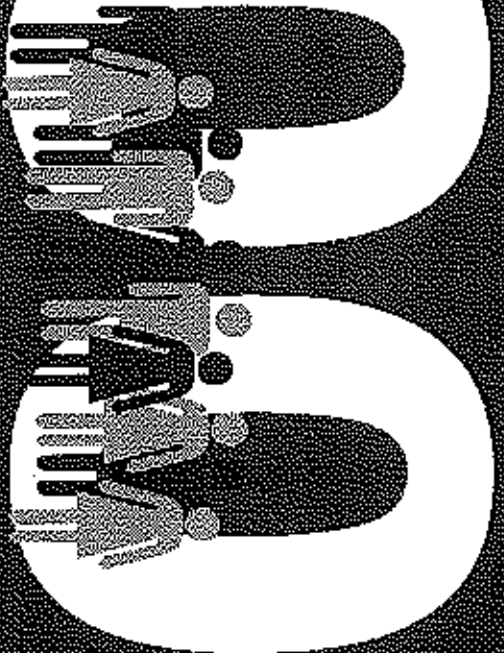


# **SUBSTANCE ABUSE**

**WHY WE CARE!**

**EACH YEAR, APPROXIMATELY**

# 5000

The number 5000 is rendered in large white font. Inside the two zeros, there are black silhouettes of groups of people, including adults and children, representing the victims of substance abuse.

**PEOPLE UNDER THE AGE OF**

# 21

**DIE AS A RESULT OF UNDERAGE DRINKING**





# DECREASED SUBSTANCE ABUSE

MAX WELLS

The rate of overdose deaths among U.S. teenagers nearly doubled in 2020, the first year of the COVID pandemic, and rose another 20% in the first half of 2021

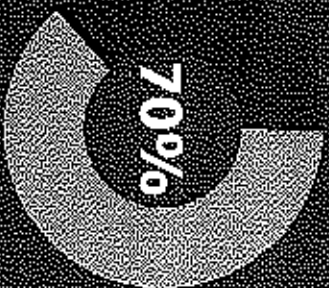
# **BULLYING** **WHY WE CARE!**



# **BULLYING**

**WHY WE CARE!**

**70%**



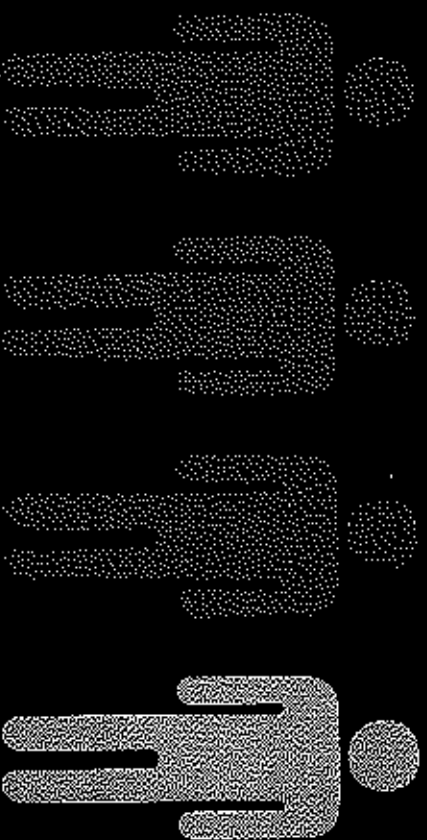
**OF YOUNG PEOPLE  
SAY THEY HAVE SEEN BULLYING  
IN THEIR SCHOOL**



## **BULLYING**

**WHY WE CARE!**

**ONE  
IN  
FOUR**



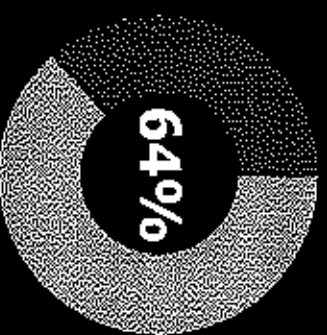
**IN GRADES 6-12 REPORT  
BEING BULLIED.**

## **BULLYING**

**WHY WE CARE!**

# 64%

OF CHILDREN WHO WERE BULLIED  
**DID NOT REPORT IT**





## **BULLYING**

**WHY WE CARE!**

**57%**  
OF BULLYING STUDENTS  
**STOP**

WHEN A PEER INTERVENES ON BEHALF  
OF THE STUDENT BEING BULLIED





# SELF HARM

---

## WHY WE CARE!



## SELF HARM

WHY WE CARE!



ONE  
THIRD

TO

ONE  
HALF

OF

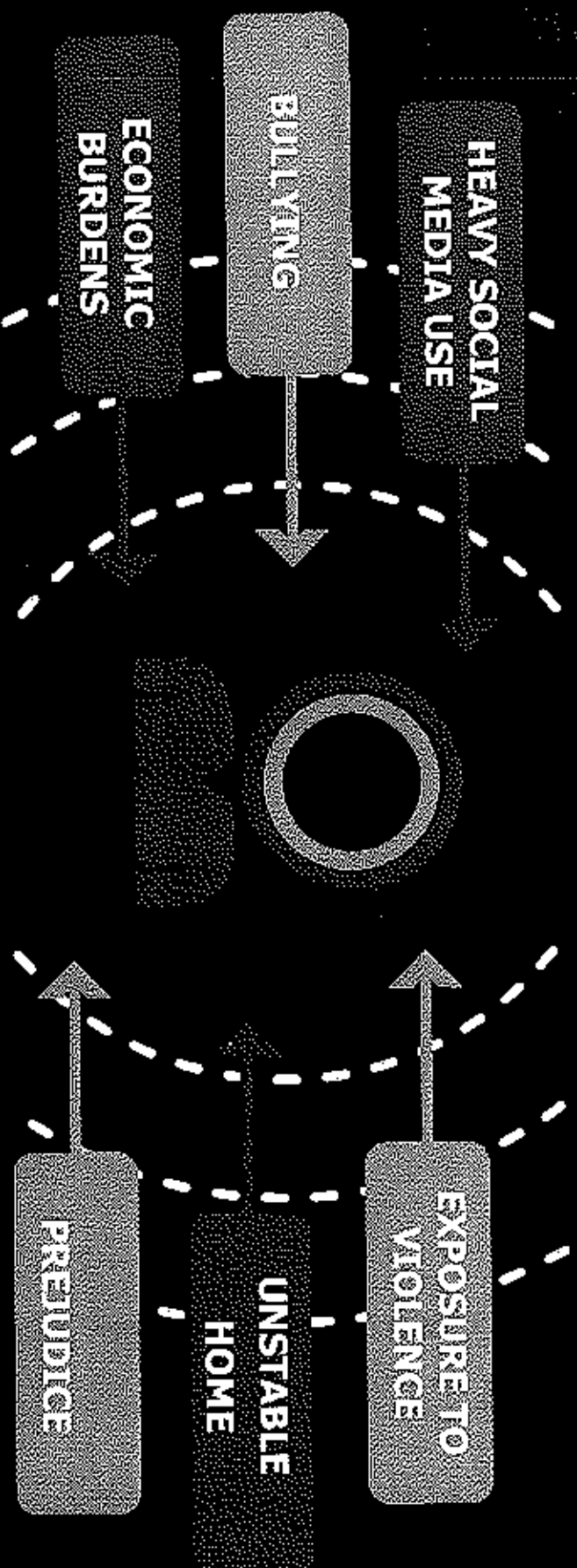
UNITED

STATES

ADOLESCENTS  
HAVE ENGAGED  
IN SOME TYPE OF  
INJURY  
SELF

# MENTAL HEALTH

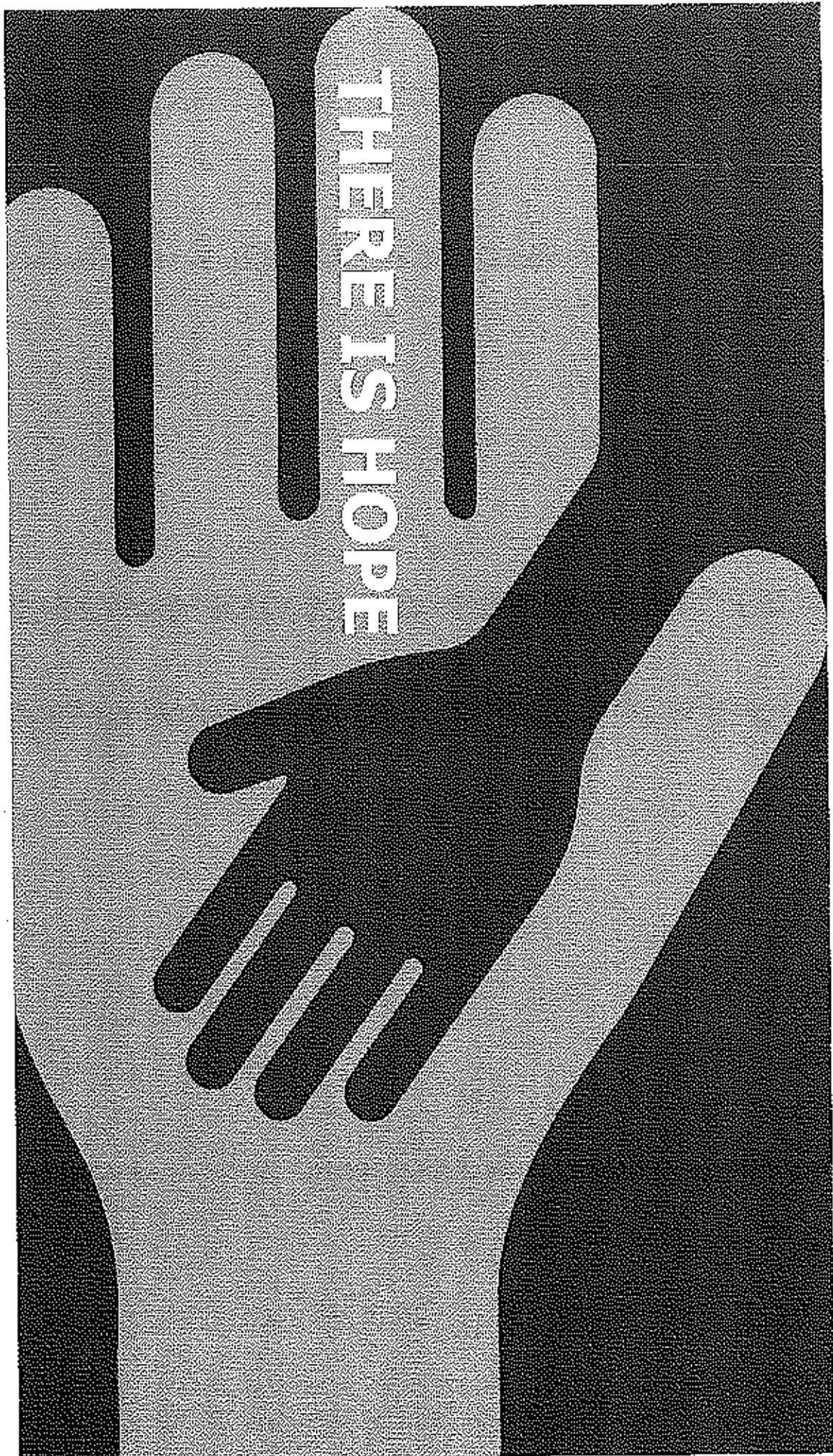
WHY WE CARE!



## FACTORS THAT IMPACT MENTAL HEALTH

- Dan Reidenberg, Director of the Suicide Awareness Voices of Education

THERE IS HOPE





# SUICIDE

## WHY WE CARE!

Suicide is not inevitable for anyone.

By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.





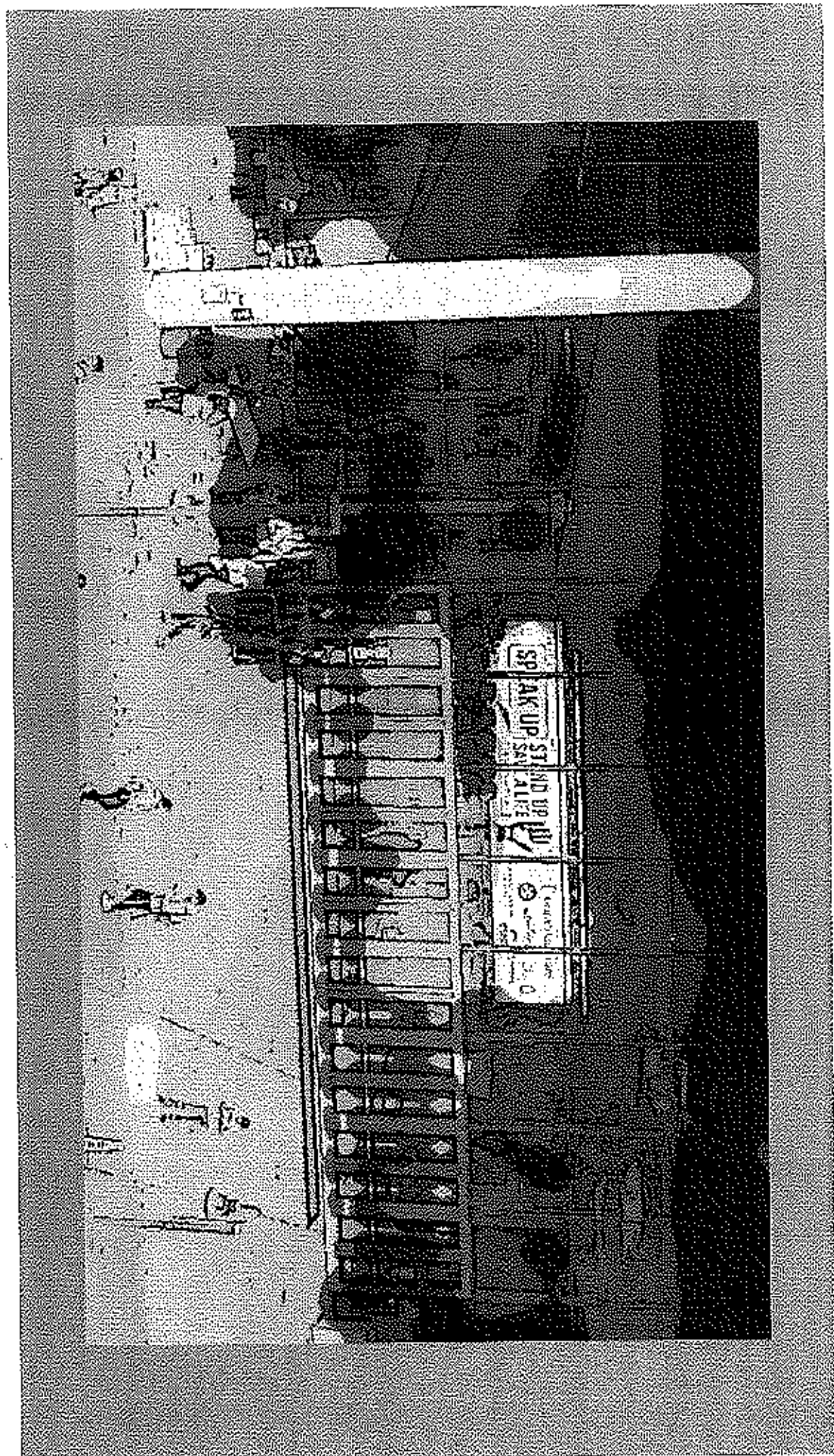
# 2020 conference Highlights





- Over 21 cities were represented
- 54 school districts were represented
- Over 5,000 Students, Educators, and Representatives attended in person.
- We provide presentations for Students and Adults
- Attendees leave empowered to create their own movement at their school.





# SUICIDE

## WHY WE CARE!

### What can I do?

- Look for warning signs
- Support teens and the people who raise them
- Encourage your kids to Speak Up
- Make your home a safe space





# WHY WE CARE!

---

**#CareEnough**

IT IS YOUR BUSINESS

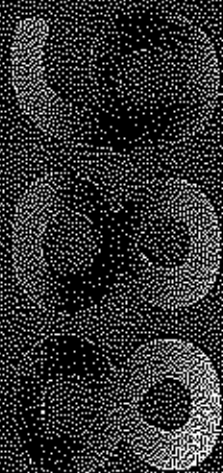
**Speaking Up**

IS THE RIGHT THING TO DO  
AND IT MAY SAVE A LIFE



# WHY WE CARE!

---



What's the Truth Crisis  
And Suicide  
Prevention Number

# SPEAK UP STAND UP SAVE A LIFE

#CokeEnough



FIND US!



@speakupsaveanlife



speakstandsave



@speakstandsave



speakstandsave.com



# MATFORCE

*Working together to reduce substance abuse*

matforce.org



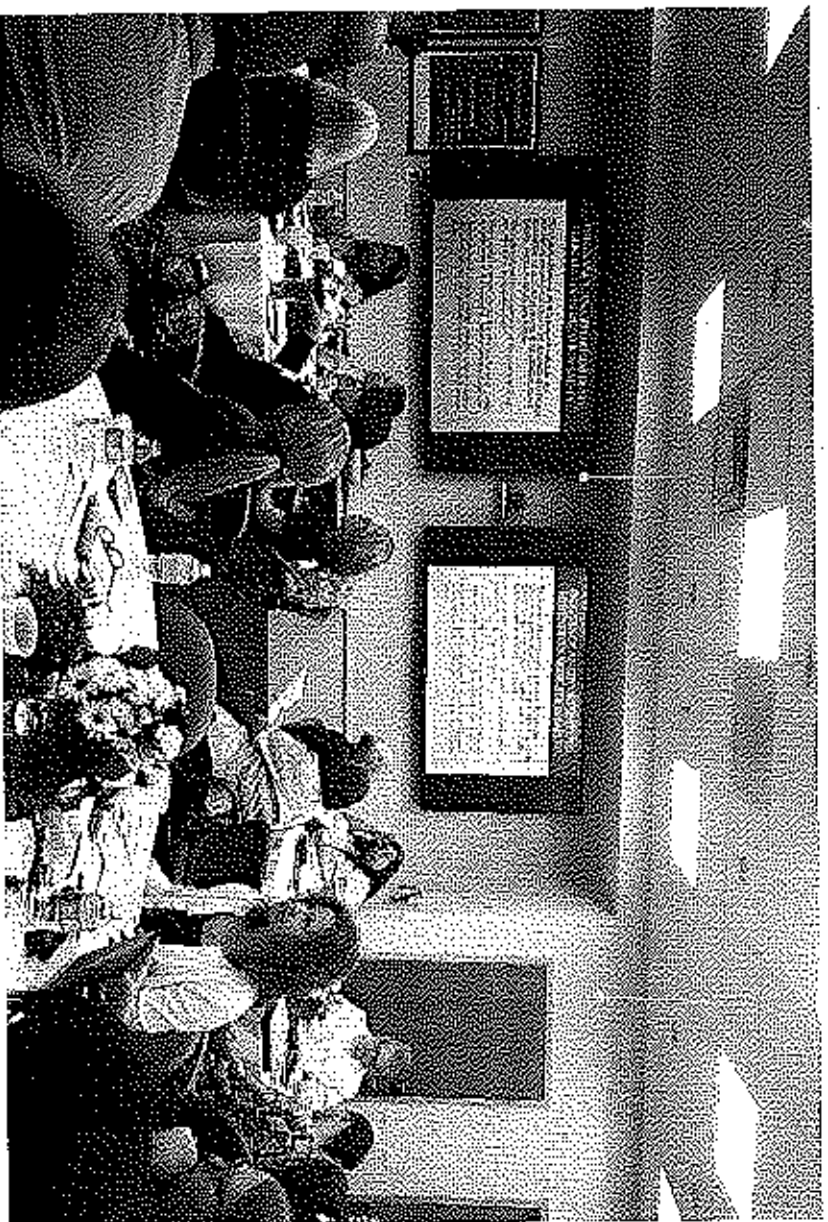
**Substance Abuse  
Coalition Leaders  
of Arizona**

**Working Together to  
Create Healthier  
Communities**

Merilee Fowler, Executive Director



**Coalition**  
A diverse  
groups of people pursuing  
a common goal.



**MATFORCE**  
*Working together to reduce substance abuse*





# Substance use and misuse is a complex issue!

## **Comprehensive Action Planning and Strategies**

- 1. Provide information
- 2. Build skills
- 3. Provide support
- 4. Change barriers/access
- 5. Change consequences/incentives
- 6. Change the physical design
- 7. Change policies, practices and rules



# Formula for Success

Champions with a Common Vision

Willingness to Collaborate

+ Turning Ideas into Action

---

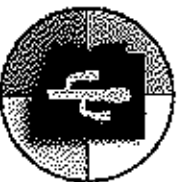
Success in Yavapai County!



# Substance Abuse Coalition Leaders of Arizona

**"Creating collective impact to prevent youth substance use in Arizona"**

Vehicle to respond to statewide substance use issues



**Substance Abuse  
Coalition Leaders  
of Arizona**



# How SACLAZ started?

- First Meeting: December 2017
- Prescription Drug Strategies
- Legalized Marijuana
- No fundin
- Need for unified voice for primary youth prevention

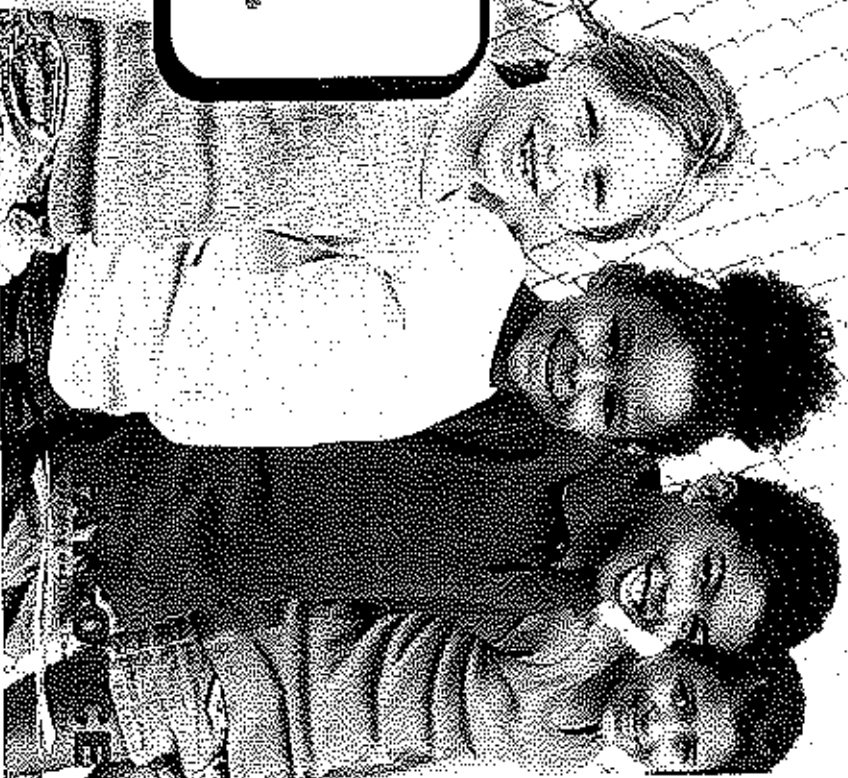


**9 out of 10 people  
addicted to alcohol or drugs  
started as a teen.**

**PARENTS**

**Talk Early.  
Talk Often.**

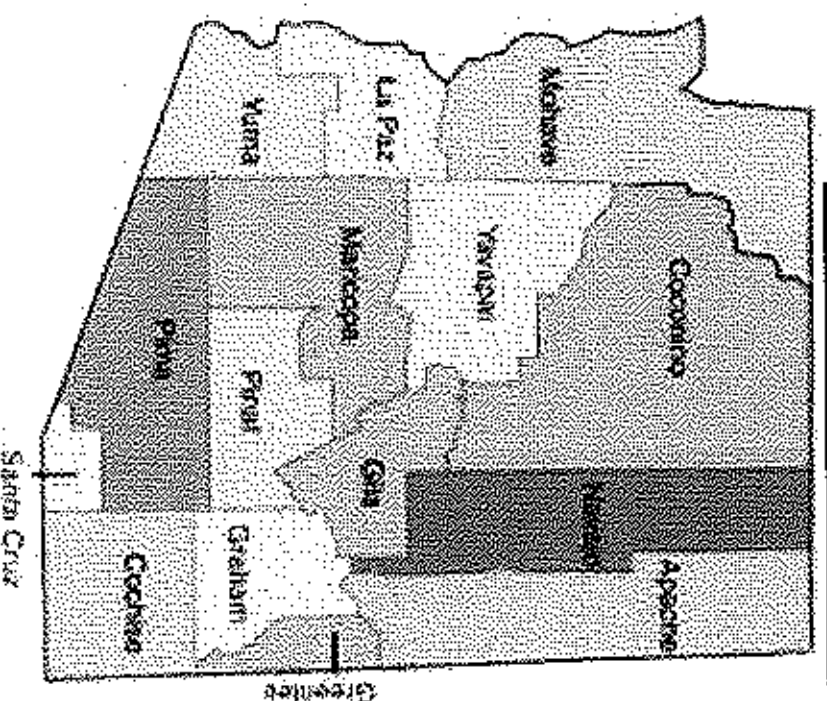
**matforce.org**





# Membership of SACLAZ

- Over 30 Substance Abuse Coalitions are represented from a majority of the 15 counties are represented
- Coalition Leaders
- Coalition Members
- Statewide Organizations
- Nonprofit Organizations
- County Health Departments



# Collaborative Decision Making

One Vote per coalition

Advocacy is based on a vote



**Substance Abuse  
Coalition Leaders  
of Arizona**

# **Executive Committee 7 members voted in by coalitions**



**Substance Abuse  
Coalition Leaders  
of Arizona**

# Coalitions Activate in Response to Fentanyl Crisis

*Apache County Youth Council	*Graham County	*Magdalena Prevention Consortium	*South Mountain We O.A.R.S. Coalition
*Bedfordsmart Alliance	*Casa Grande Substance Abuse Coalition	*Mesa Prevention Alliance	*Germpe Coalition to Reduce Underage Drinking and Drug Use
*Chandler Coalition	*Hualo Ethnic African American Lives Matter	*Mohave Substance Abuse Treatment & Rehabilitation Partnership	*Safe Out LGBTQ Youth Coalition
Against Youth Substance Abuse	*HJPE	*Nexus Coalition for Drug Prevention	*Santa Cruz County Drug Free Community Coalition
*Cooper Basin Coalition	*Marana Prevention Alliance	*PACT Coalition	*May Out West Prevention Coalition
*Mountain Hills Substance Abuse Prevention Coalition	*MAFFOCTE	*Pima County Community Prevention Coalition	

Substance Abuse Coalition Leaders of Arizona





# Where is SACLAz Today?

State Opioid  
Response Funding

Development of  
Fentanyl Toolkit

Statewide Media  
Campaign

Development of  
Psychostimulant  
Toolkit

Expansion of 7  
new coalitions in  
prevention desert  
areas

Youth Advocacy  
Day



**Substance Abuse  
Coalition Leaders  
of Arizona**

# REPRESENTATIVES

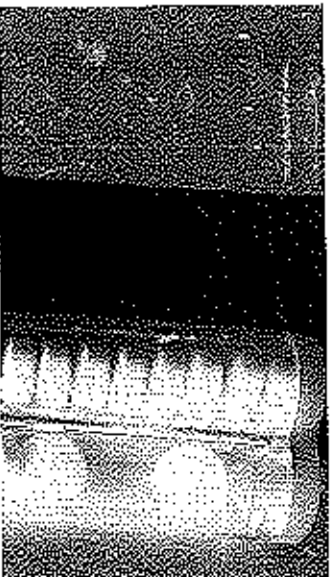


Youth Advocacy Day

# Illicit Counterfeit Fentanyl overdose deaths on the rise 633% increase from 2016 - 2021

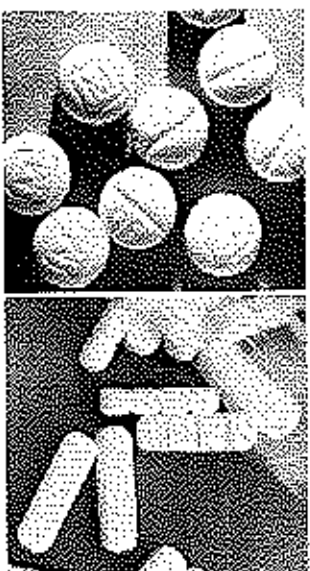
**More than 2,000 Arizonans overdosed from fentanyl in 2020 with no sign of cases slowing down**

Over 500 counterfeit Actinix (oxycodone) tablets seized; six million fentanyl pills in 2020, a significant increase from 2019.



**Yuma County officials warn of 'fake' pills that actually contain deadly fentanyl**

CHANDLER, ARIZ. (AP) —



YUMA COUNTY, ARIZONA

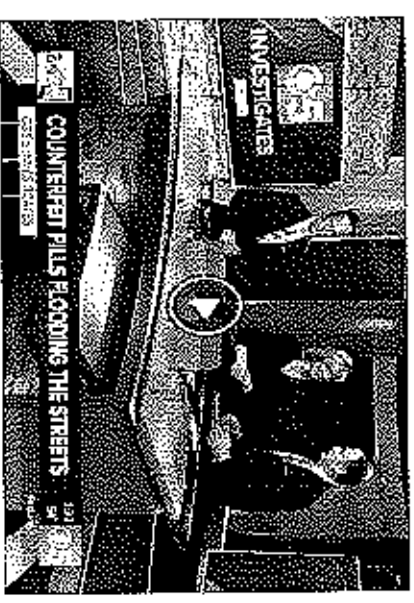
YUMA COUNTY, ARIZONA — The Yuma County Sheriff's Office warns of counterfeit pills sold for \$100 and \$200 that are actually deadly fentanyl. The pills are sold in the streets, and the Sheriff's Office is warning the public to be cautious.



Arizonans are being warned of counterfeit pills that are actually deadly fentanyl. The Sheriff's Office is warning the public to be cautious.

**AZ police assuming every pill sold on the street laced with deadly drug**

PHOENIX, ARIZ. (AP) —



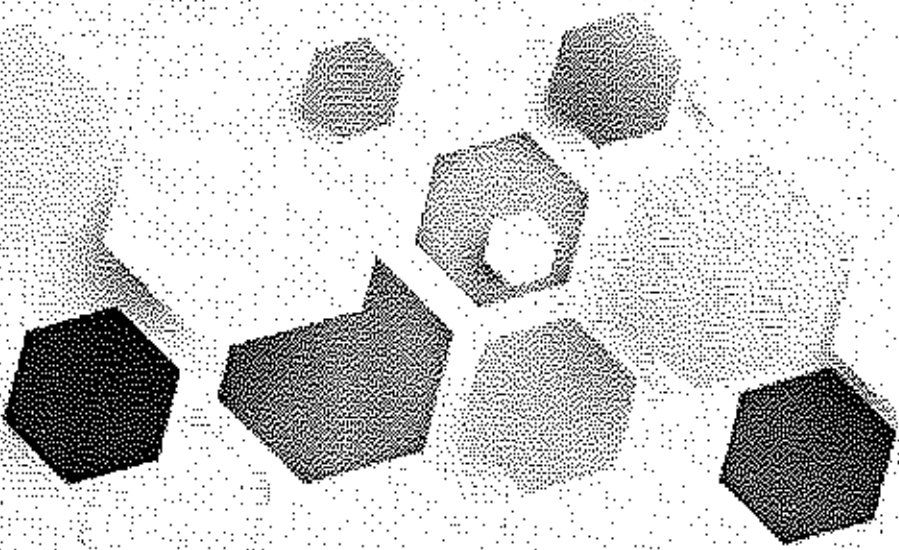
PHOENIX, ARIZ. (AP) — Phoenix police are assuming every pill sold on the street is laced with deadly fentanyl.

# The Rise of Fentanyl

Saving Lives by  
Moving Communities  
from Understanding  
to Action



Substance Abuse  
Coalition Leaders  
of Arizona





## Components in Toolkit

Print Materials: postcards, fact sheets, posters, how to talk to your child, door hangers

PowerPoints: Rise of Fentanyl, New Drug Dealer in Town, Naloxone, The New Meth, Stigma

Media Materials: TV and Radio Spots, Billboard Designs, Social Media Posts

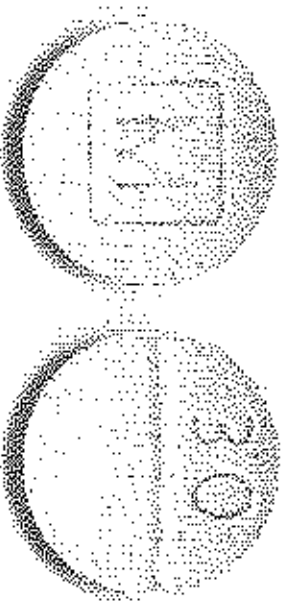
Youth Curriculum: Stress, Resiliency and Fentanyl



Substance Abuse  
Coalition Leaders  
of Arizona

# Fentanyl – Counterfeit Pill Handouts

**Can you tell which pill contains  
a deadly dose of Fentanyl?**



**Neither can your child.**

Arizona teens and young adults are using their phones to buy and sell counterfeit pills laced with Fentanyl ...

... and they're overdosing at an alarming rate. Don't wait until it's too late. Here are 3 simple things you can do:

1 Talk with your child about NEVER taking a pill that's not prescribed to them.

2 Monitor your child's texts and social media.

3 Get the FACTS on Fentanyl at [TalkNow4AZ.com](http://TalkNow4AZ.com)

**Even if you don't think your child is taking pills, talking with them could be the reason they never do.**



This publication was made possible by a grant from the Arizona Department of Health Services. The views, opinions and content of the publication are those of the author and do not necessarily reflect the views, opinions or policies of the Arizona Department of Health Services.



**Substance Abuse  
Coalition Leaders  
of Arizona**

# Fentanyl Facts and One Sheets



**Fentanyl Facts**  
for Families

## What is fentanyl and how it works in the body?

Fentanyl is a powerful synthetic opioid pain reliever. It is 50-100 times more potent than morphine. It is used to treat severe pain, often in combination with other medications. Fentanyl is a Schedule II controlled substance, meaning it has a high potential for abuse and addiction. It is also a highly addictive drug, and its use can lead to overdose and death. Fentanyl is often used in the form of patches, lozenges, tablets, and injections. It is important to use fentanyl exactly as prescribed by your healthcare provider and to avoid alcohol and other drugs while taking it.

## Why is fentanyl a problem in Arizona?

Fentanyl is a major problem in Arizona because of its high potency and its widespread use. It is often used by people who are addicted to opioids, and it is a common cause of overdose and death. Fentanyl is also being used by people who are not addicted to opioids, and it is causing a new wave of addiction. Fentanyl is often sold on the street in small packets, and it is easy to carry and use. It is also being used in the form of counterfeit pills, which are often sold on the internet. Fentanyl is a major public health problem in Arizona, and it is important to take steps to reduce its use and its associated risks.

## What can be done to reduce fentanyl use?

There are several things that can be done to reduce fentanyl use. First, it is important to educate the public about the risks of fentanyl and to encourage people to use it safely. Second, it is important to increase access to addiction treatment and to provide support for people who are struggling with addiction. Third, it is important to work with law enforcement to reduce the supply of fentanyl on the street. Finally, it is important to continue to research the best ways to prevent and treat fentanyl addiction.

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**Datos del Fentanilo**  
para Familias

## ¿Qué es el fentanilo y cómo funciona el cuerpo?

El fentanilo es un potente analgésico sintético, 50-100 veces más potente que la morfina. Se utiliza para tratar el dolor intenso, a menudo en combinación con otros medicamentos. El fentanilo es una sustancia controlada, lo que significa que tiene un alto potencial de abuso y adicción. También es una droga muy adictiva, y su uso puede conducir a la sobredosis y la muerte. El fentanilo se utiliza comúnmente en forma de parches, pastillas, gotas y inyecciones. Es importante usar el fentanilo exactamente como lo prescribe su proveedor de atención médica y evitar el alcohol y otras drogas mientras se toma.

## ¿Por qué el fentanilo es un problema en Arizona?

El fentanilo es un problema en Arizona debido a su alta potencia y su uso generalizado. A menudo es utilizado por personas con adicción a los opiáceos, y es una causa común de sobredosis y muerte. También está siendo utilizado por personas que no tienen adicción a los opiáceos, lo que está causando una nueva ola de adicción. El fentanilo a menudo se vende en la calle en pequeños paquetes, lo que lo hace fácil de transportar y usar. También se vende en forma de píldoras falsificadas, a menudo vendidas en Internet. El fentanilo es un problema de salud pública en Arizona, y es importante tomar medidas para reducir su uso y los riesgos asociados.

## ¿Qué puede hacerse para reducir el uso de fentanilo?

Hay varias cosas que se pueden hacer para reducir el uso de fentanilo. Primero, es importante educar al público sobre los riesgos del fentanilo y animar a las personas a usarlo con seguridad. Segundo, es importante aumentar el acceso al tratamiento de adicción y brindar apoyo a las personas que luchan con la adicción. Tercero, es importante trabajar con las fuerzas de seguridad para reducir la oferta de fentanilo en la calle. Finalmente, es importante seguir investigando las mejores formas de prevenir y tratar la adicción al fentanilo.

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TALKNOWAZ.COM

## #BeTheInfluence

Talk Early. Talk Often.

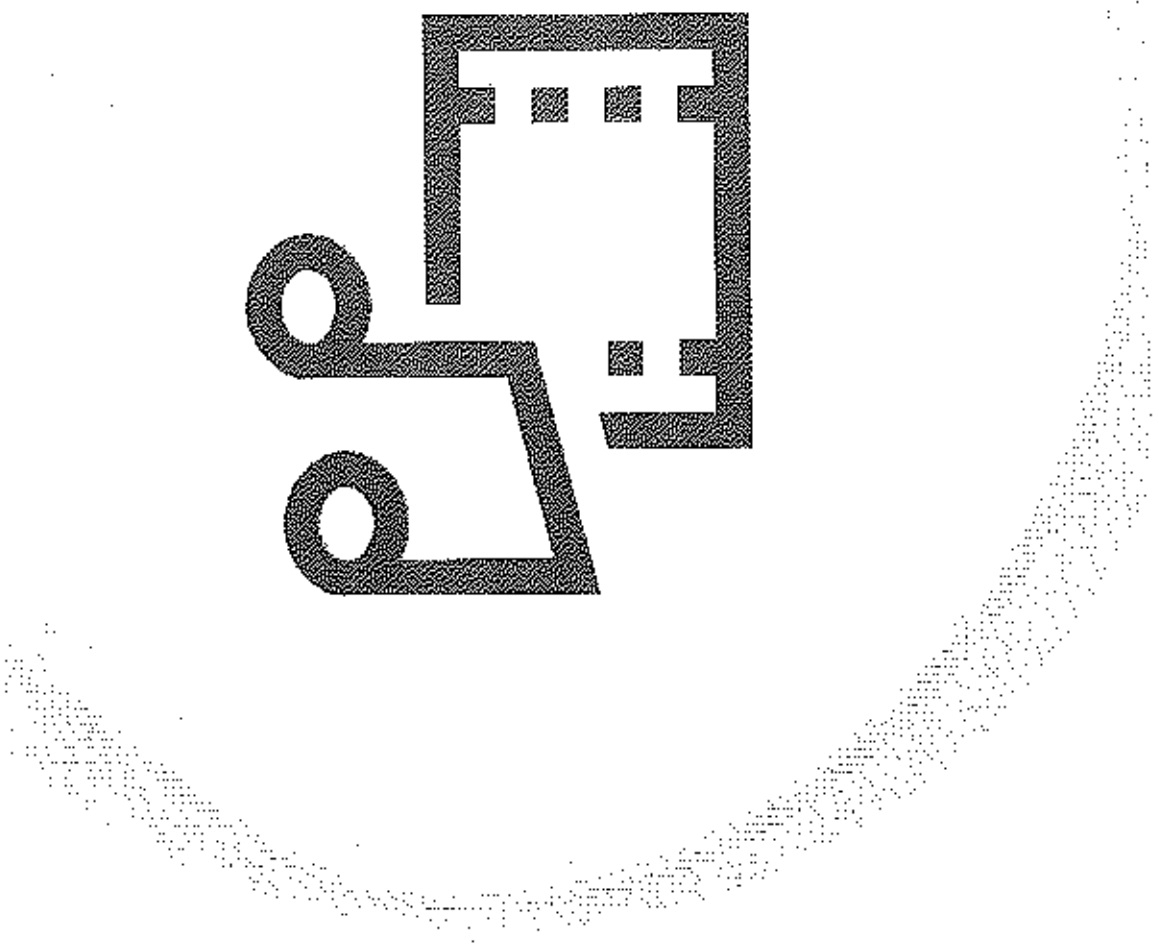
Parents and caregivers have a significant influence in their children's decisions to experiment with alcohol and other drugs. Use that influence to have open, honest conversations that help you connect with your kids.

Need help starting the conversation? Check out these resources to help you start talking to your children about the dangers of drinking alcohol and using other drugs at a young age.



**Substance Abuse  
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of Arizona**

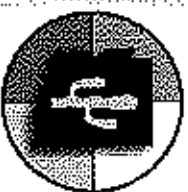




Media Campaign  
TV, Radio, Social  
Media and Billboards

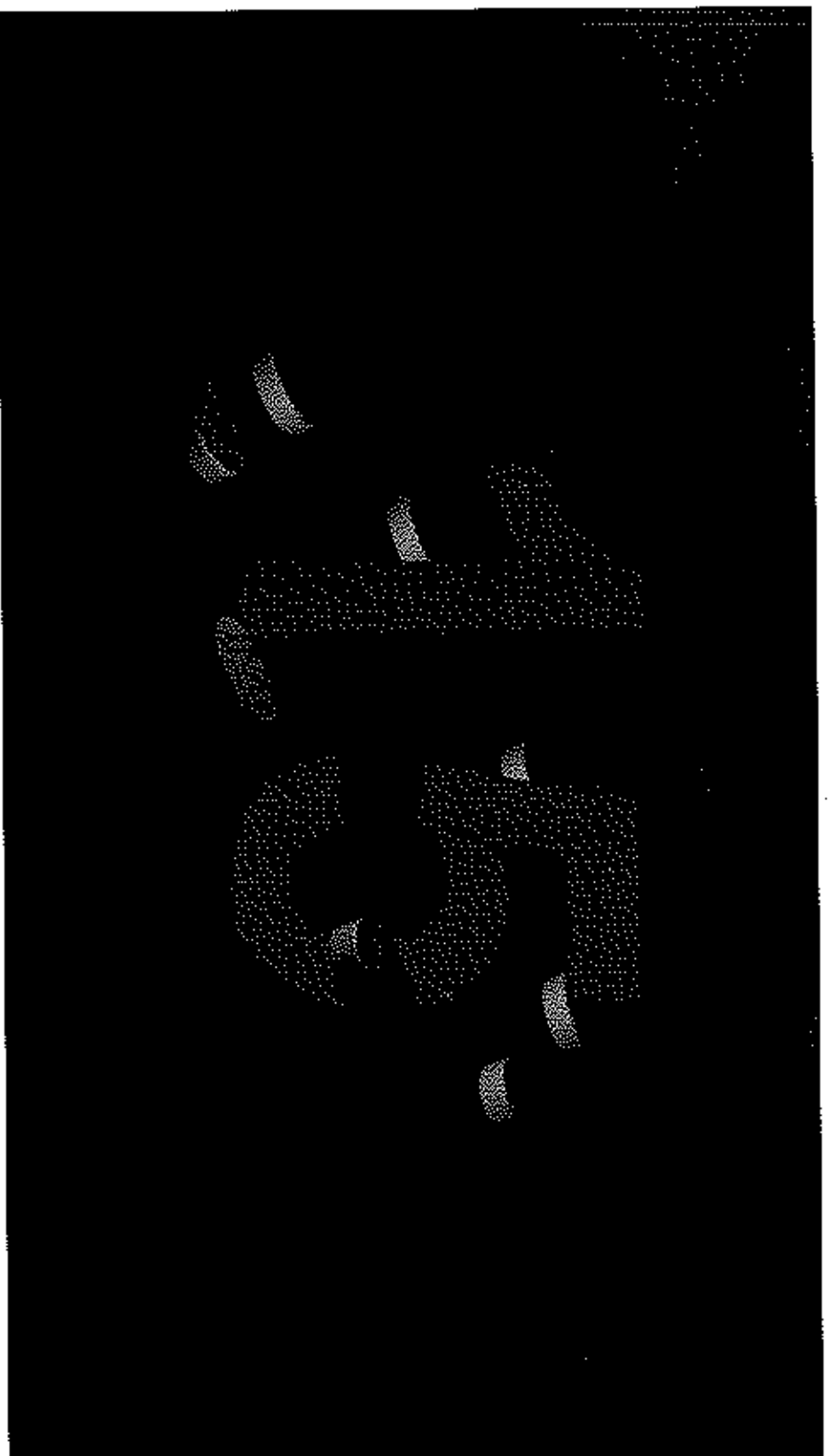
# TV Commercials

PROOF\_VER3



**Substance Abuse  
Coalition Leaders  
of Arizona**

## Videos for Sharing on Social Media



# Fentanyl is FATAL

## One Pill Can Kill

[TalkNowAZ.com](http://TalkNowAZ.com)

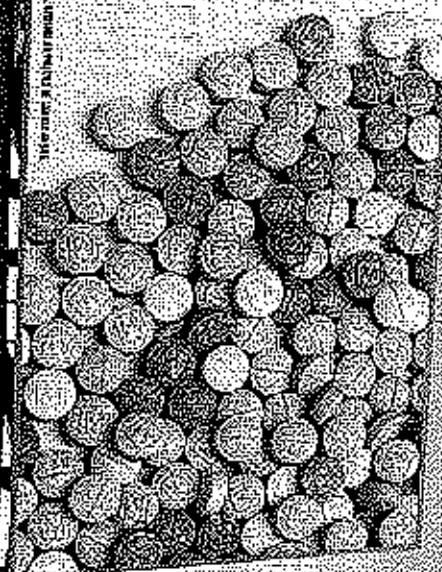
This publication was made possible by a grant from the Arizona Department of Health Services. The views expressed herein are those of the author and do not necessarily reflect the views, opinions, or policies of the state of Arizona.



**FENTANYL:**  
**SAME DANGER...**  
**DIFFERENT COLORS**

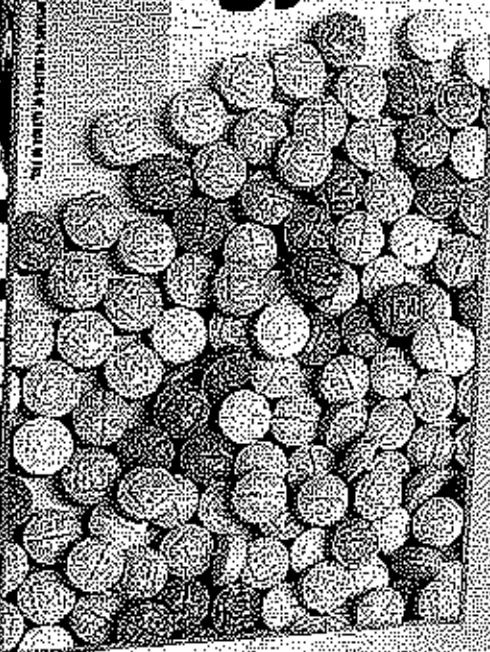
**TalkNowAZ.com**

THIS PUBLIC NOTICE HAS BEEN FILED WITH THE ARIZONA SECRETARY OF STATE, CLERK OF THE SUPREME COURT, AND THE CLERK OF THE ARIZONA HOUSE OF REPRESENTATIVES. IT IS BEING FILED FOR THE INFORMATION OF THE PUBLIC AND TO PROVIDE NOTICE OF THE PROCEEDINGS IN THIS MATTER.



**WARNING:**  
**FENTANYL COMES IN COLORS**

**talknowaz.com**



A large billboard for Fentanyl Gam is shown from a low angle, making it appear to rise steeply into the sky. The billboard's background is a dense field of various pills. The text "FENTANYL GAM" is written in large, bold, black capital letters across the top. Below it, "END IT ALL" is written in even larger, bold, black capital letters. To the right of this text, the website "TalkNowAZ.com" is printed in a smaller font. At the bottom of the billboard, there is a line of very small, illegible text. The billboard is supported by a metal framework, and the sky in the background is a clear, light blue.

# FENTANYL GAM

## END IT ALL

TalkNowAZ.com

THE FENTANYL GAM FUND IS A 501(C)(3) NON-PROFIT ORGANIZATION. ALL MONIES RECEIVED FROM THE FUND WILL BE USED TO SUPPORT THE FUND'S MISSION. FOR MORE INFORMATION, VISIT US AT TALKNOWAZ.COM. FUNDING PROVIDED BY THE STATE OF ARIZONA.

# Community Awareness - Radio

- English
  - 3 Things
  - 30 Seconds
  - Just One
  - New Drug
  - Parents
  - Save a Life
- Spanish
  - 30 Seconds
  - Parents
  - Save a Life





NaloxoneAZ.com

HELP SAVE LIVES WITH NALOXONE

1 mL

Chief Debora Black

President, Prescott Police Department  
A Division of Maricopa County Sheriff's Office



You and naloxone are a combination that  
will save lives in our state.

(Relieved) Chief Debora Black, Prescott Police Department



# Stage 2: Youth Messaging

[www.learnmoreaz.org](http://www.learnmoreaz.org)



*You are worth it!*

Ready to quit vaping? Try *This Is Quitting*, a free text-to-quit program.



**Substance Abuse  
Coalition Leaders  
of Arizona**

# #Talk2someone | Suicide Prevention Lifeline 988

Teen Lifeline

800-248-8336

Teens Helping Teens

800-TLC-TEEN

Northern AZ Crisis Line

877-756-4090

NAMI Help Line

800-950-6264

Trevor Project Lifeline

866-488-7386

Text **HELLO** to **741-741**

To text anonymously with a trained  
crisis counselor for free 24/7.

Teenlifeline.org

MentalHealth.gov

FindTreatment.gov

LearnMoreAZ.org



# Fentanyl

## A Killer Among Us



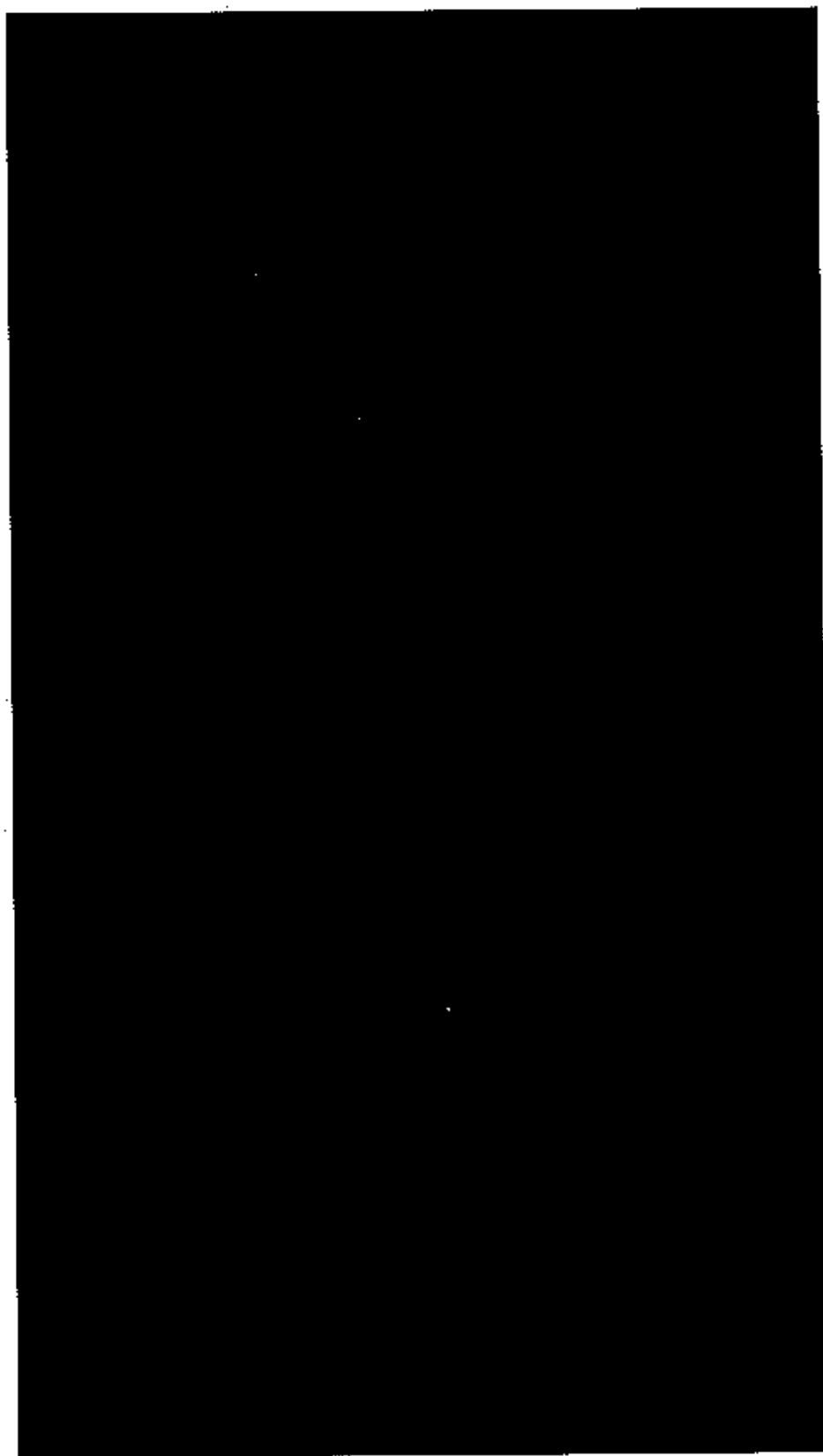
Fake fentanyl is killing  
teens in our  
community.

It only takes a little  
to lose a lot.

**MATFORCE**

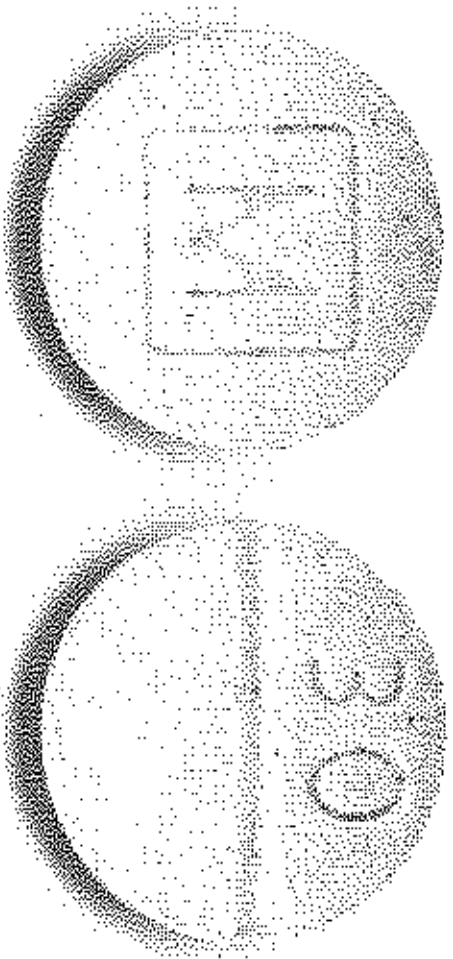
Building Healthier Communities

[matforce.org](http://matforce.org)





**Which blue has a deadly  
dose of fentanyl?**



**No one can tell.**

# Young Arizonans are overdosing at an alarming rate.

Here's what you can do to stop it:

1  
Get the FACTS on  
fentanyl at  
[LearnMoreAZ.org](http://LearnMoreAZ.org)

2  
SHARE this  
information with  
your friends.

# Fentanyl can end it all.



Substance Abuse  
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of Arizona

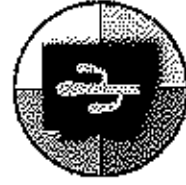
This publication was made possible by grant number H797005520 from SAMHSA. The views, opinions and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or DHS.

[www.naloxoneAZ.com](http://www.naloxoneAZ.com)

**Naloxone and  
the Good Samaritan Law Tab**

Community Awareness

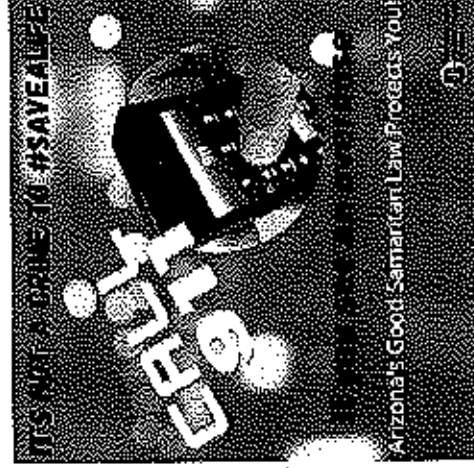
you Have the  
**POWER** Life.  
to SAVE a



Substance Abuse  
Coalition Leaders  
of Arizona



# Good Samaritan Law





# Addressing Stigma Campaign

Photographer

Co-worker

Painter

Grandparent



People who use drugs are real people.

Stop the shame.

Stop the blame.

Stop the stigma.



Substance Abuse  
Coalition Leaders  
of Arizona

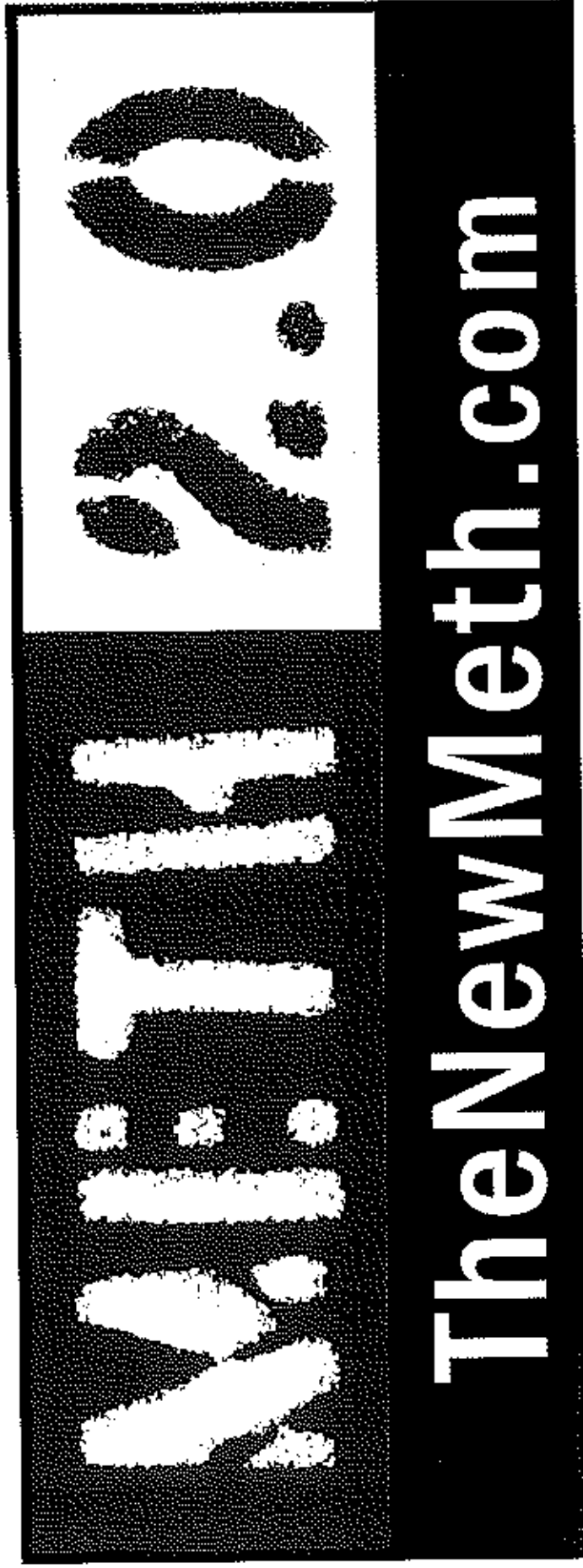


Coalition Leaders  
of Arizona

# Arizona Broadcaster's Association

Value of \$200,000 - \$350,000 a month

Average of 750 TV spots and 2500 radio spots a month



[www.saclaz.org/toolkit](http://www.saclaz.org/toolkit)



# Expansion to other substances

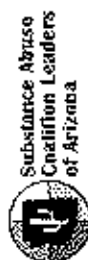
Marijuana, Vaping, Alcohol



# Coalition Leaders of Arizona







Substance Abuse  
Coalition Leaders  
of Arizona

# SACLAZ.ORG

Home

About SACLAZ

Toolkit

Reporting

Coalition Map

## Helping stop drug use before it starts

[VIEW COALITION MAP](#)



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Substance Abuse  
Coalition Leaders  
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## 1. Fentanyl-Counterfeit Pill Education and Awareness

27/01/2015



tenn:yl doo hwyer\_0..  
in:del



Information and Communications Technology



Oster 1. April 1904 Nr. 4



Adult and Community ...  
... 2004



Supervising Librarian

Ref: 1-233

100

Page 17 of 17

Answers:



Youth Power 4111

**SACLAZ.ORG**

# Expansion Coalitions

Greenville County Substance Abuse Coalition

Washoe Prevention Consortium - Boulder

Stardom NJ - Spanish Junction

Rise Up Colorado

Southeast Valley Community Alliance - San Tan/Queen Creek

United Prevention - Surprise/Litchfield

Peoria Primary Prevention

# Impact 2020-2021

- 39% **Decrease** in Non-Fatal Opioid Overdoses 0-17
- 22% **Decrease** in Fatal Opioid Overdoses 0-17
- 18% **Decrease** in Non-Fatal Opioid Overdoses 18-24
- 22% **Decrease** in Fatal Opioid Overdoses 18-24
- As of 5/05/2022 <10 overdose deaths 0-17
- 25 overdose deaths 18-24



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Average of 12,000 hits a month to

[www.talknowaz.com](http://www.talknowaz.com)

[www.thenewmeth.com](http://www.thenewmeth.com)

[www.naloxoneaz.com](http://www.naloxoneaz.com)

[www.learnmoreaz.org](http://www.learnmoreaz.org)

websites

Increased awareness



How can you join  
our mission?

[www.saclaz.org](http://www.saclaz.org)



**Substance Abuse  
Coalition Leaders  
of Arizona**

# Questions and Answers

Merilee Fowler

[mfowler@matforceaz.org](mailto:mfowler@matforceaz.org)

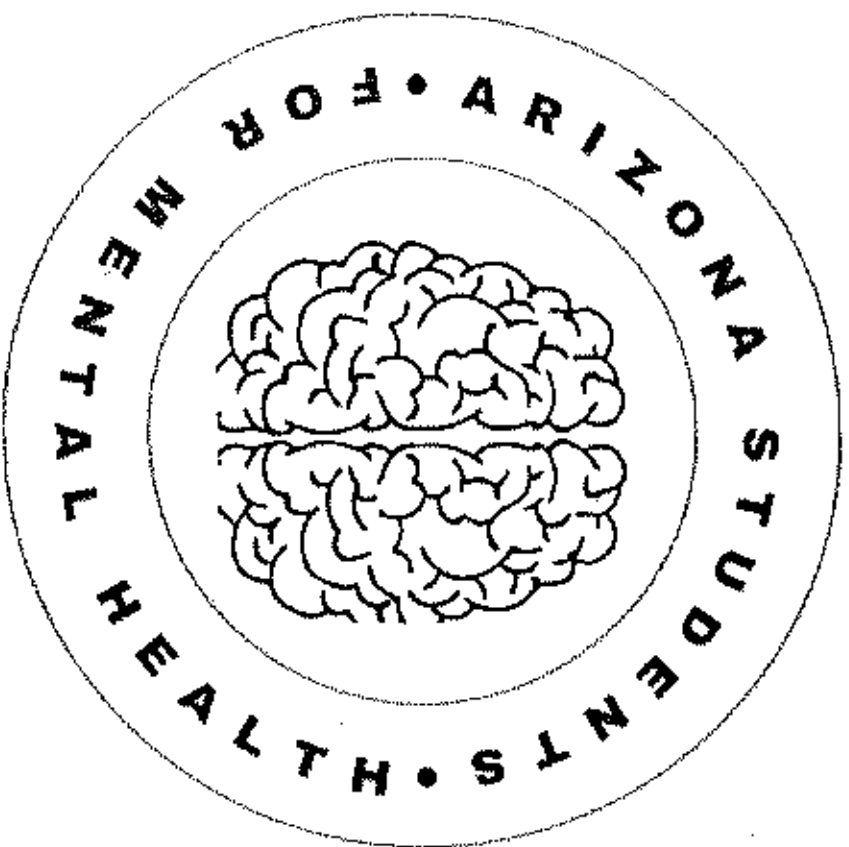
928 300 7129



**ARIZONA  
STUDENTS  
FOR MENTAL  
HEALTH**

CHANDLER JUNIOR HIGH SCHOOL

PIC-COLLAGE



## ABOUT US

Arizona Students for Mental Health is a student led non-profit organization fighting for improved mental health care for teens in Arizona.



## **SPEAKING TO CUSD SCHOOL BOARD**

We have spoken to  
the Chandler school  
board 4 times starting  
June 8th.

## **COMMUNITY EVENTS**

We have held many  
community events  
such as an awareness  
kickoff and a  
candlelight vigil.

## **ADVOCACY IN SCHOOLS**

We have been working  
with our schools  
admin to create a  
supportive  
environment.



## **STUDENT ACTION BOARD**

We asked the school board for this to increase students voices in the conversation.

We received no follow up or cooperation towards this ask.

## **MENTAL HEALTH TRAINING**

We asked the school board to change how they educate their staff and students about mental health and suicide.

We received support from the CUSD Prevention Coordinator, but not in the capacity that we were hoping for.

**17.4%**

Of teens have suffered from at least 1 depressive episode.

**10.2%**

Of youth have private insurance that does not cover their mental and emotional treatment.

**11.9%**

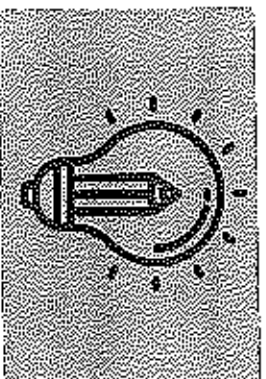
Of teens cope with major depressive disorder.

**70.1%**

Of youth with major depressive disorders did not receive proper treatment.

It has been declared a  
**National State of  
Emergency in Children's  
Mental Health.**

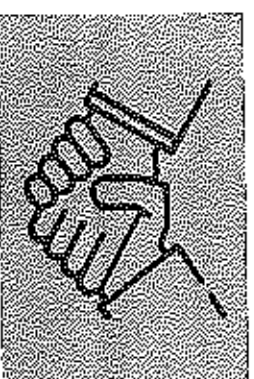
According to The American Academy of Pediatrics (AAP), the American Academy of Child and Adolescent Psychiatry (AACAP) and the Children's Hospital Association (CHA).



## Student Involvement in Governing Boards



## Opt - In Mental Health Training for students grades 6-12



## Quarterly Events in cooperation with Arizona Students for Mental Health

# THANK YOU!

Stay Updated on our work:



**@azstudentsformentalhealth**



**azstudentsformentalhealth@gmail.com**



**azstudentsformental.wixsite**

## SOURCES

- <https://dft.az.gov/content/mental-health-party-1>
- <https://www.mhanational.org/issues/2022/mental-health-america-youth-data>
- <https://www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Initiatives/Insurance-Protections/mhpreg-act/act.htm>



## Access to Care Depression and Mental Illness Recommendations

### Build Healthy Communities

**Finding #1** Help bridge the gap between prevention, intervention, and services for teen mental health.

**Recommendation #1** To develop a mental health coalition specific to Youth Mental Health.

#### **Youth Mental Health Coalition Mission:**

Helping to connect school districts and local communities to work together to no longer be silent when it comes to mental health and ensure youth have access to appropriate services.

**Objective 1:** Bring Community Resources Together (schools, stakeholders, health plans, community organizations).

**Objective 2:** To improve access to prevention, intervention, and treatment for depression and mental illness by training parents and youth to peer support and understand immediate intervention and have resources to direct to formal intervention. (note: HB 303 Delaware cover's annual behavioral health well check).

**Objective 3:** To eliminate barriers to care and provide support to teen mental health. Bridge access to care gaps.

#### *Coalition Intent*

To educate, empower and equip communities to end the devastating stigma surrounding today's most prevalent mental health crisis.

### Providers of Choice, Incentives to Create "Center's for Excellence" in Underserved Communities

**Finding #2** The community lacks providers specializing in Children's Mental Health needs, including crisis, mental health services, respite care. And Children need a parent/guardian consent to obtain these services.

**Recommendations #2** – Provide additional funding for Centers of Excellence to increase Children's Mental Health Providers that serve in Specialty areas.

**Objective 1:** Increase number of mobile crisis teams in AZ who specialize in Children's Mental Health Needs

**Objective 2:** Increase number of teen Respite facilities to provide the "cooling off" period and connect with resources to decrease disruptions to current placement.

**Objective 3:** Change age of consent for mental health stabilization services, age 12.

### Employer of Choice in High Needs Areas

**Finding #3** Need incentives to increase Behavioral Health Professionals in underserved communities. Legislative changes have allowed new behavioral health practitioners to work on their licensing at private practices which has decreased the number of providers working in community behavioral health.

**Recommendation #3** Increasing incentive for mental health professionals in schools and communities by assisting with student loans or years of service awards in underserved communities at the new graduate and associate licensed level.

**Objective 1:** Increase affordability of master's Level programs in the Mental Health Field.

**Objective 2:** Offer incentives to Behavioral Health Providers to work in underserved communities as a new graduate or while working towards independent licensure.

**Objective 3:** Reduce access to care to mental health providers by increasing number of providers in our community that specialize in children.

#### *Incentive Intent*

## **Social Media and Bullying**

*Our focus is to amplify awareness and education in the areas of social media and bullying.*

*We believe that better equipping parents to raise students who are digital leaders and empowered to self-advocate will help our students thrive. We also believe that the same awareness and education is needed for the students themselves in grades K-12.*

### **Awareness Tools/Bullying**

*Belief statement: We believe that there needs to be a more refined definition of what bullying is and is not, paired in tandem with education and training, of what to do if your child or student is experiencing bullying*

- **What is bullying and what is not?**
  - **Providing research-based parent education in the areas of resiliency, self-advocacy, healthy conflict and have activities that can be downloaded easily for family use**
  - **Provide training in lower grades of 3-5 for students and staff**
  - **Host parent nights/information sessions (virtual and in person) statewide about how to help empower your child to self-advocate**

## **Social Media and Bullying**

- **PSA conversations**
  - **Creating and supporting social media marketing campaigns geared to parents that include small clips from Childhood 2.0 and other PSA types of announcements shown statewide on an ongoing basis**
- **Have ADE define and contrast bullying with other behavior mistaken for bullying**
  - **Creation of landing page/“clearinghouse” with resources, curriculum, and tips which would be similar to the governors website created about learning during Covid-19 quarantine.**

### ***Education and Training***

- **Certified school counselor at EVERY level with a manageable caseload (ASCA recommends 250:1)**
  - **Hiring counselors at the lower levels to teach skills EARLIER for prevention. At the secondary level, hire “sweepers” that stage targeted interventions for tier 2 and 3 students**
  - **Creating a pipeline for counselors**
  - **Providing tuition reimbursement like teachers**
  - **Providing loan forgiveness like teachers and tapping intern programs**

## **Social Media and Bullying**

- **Implement “Hope Squad” peer-to-peer training in each school or piloted at 4 major districts to start**
  - **<https://hopesquad.com/>**
- **Create student wellness and behavior support training for staff, students, & parents**
  - **CASEL competencies-state mandated through ADE**
  - **ADE professional skills and student support crosswalk**
- **Youth Mental Health First Aid Training for all 6-12 graders with opt in clause available**

### ***Technology solutions to combat social media impact and bullying***

- **Digital wellness and leadership education to students in grades 6-12**
- **Provide online training for parents and students before they give their student social media and internet access can learn about the pitfalls and “light side” of their own digital footprint**
- **Electronic alert systems/AI software that will detect incidences of safety and self-harm - \$1-\$2 per student**
- **Ensure that Teen Lifeline and 988 on all student ID cards**

## **Social Media and Bullying**

- **If school district has an anonymous tip line, this number should also be on the ID card for every child**
- **SAFEUT/REACHOUT AZ APP FROM MCCCCD (HB Bill 2138 )**
  - **Creation of an app that provides safety reporting and opt in clinical support if needed 24/7**
  - **Linked to University of Utah mental health program and to the State of Utah**
  - **<https://safeut.org/>**
  - **<https://le.utah.gov/interim/2019/pdf/00001179.pdf>**
  - **<https://wsd.net/parents-students/tipline/safeut-faq>**



**AZ HOUSE OF REPRESENTATIVES  
TEEN MENTAL HEALTH POLICY  
PROPOSALS/FAMILY SUPPORT &  
SUBSTANCE ABUSE-WORKGROUP**

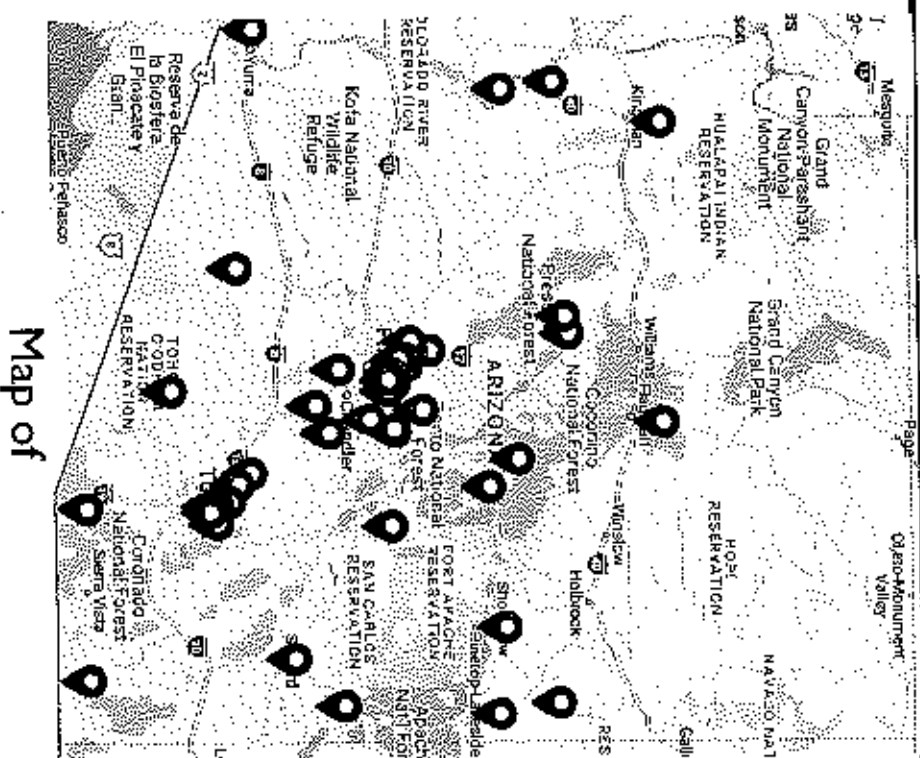
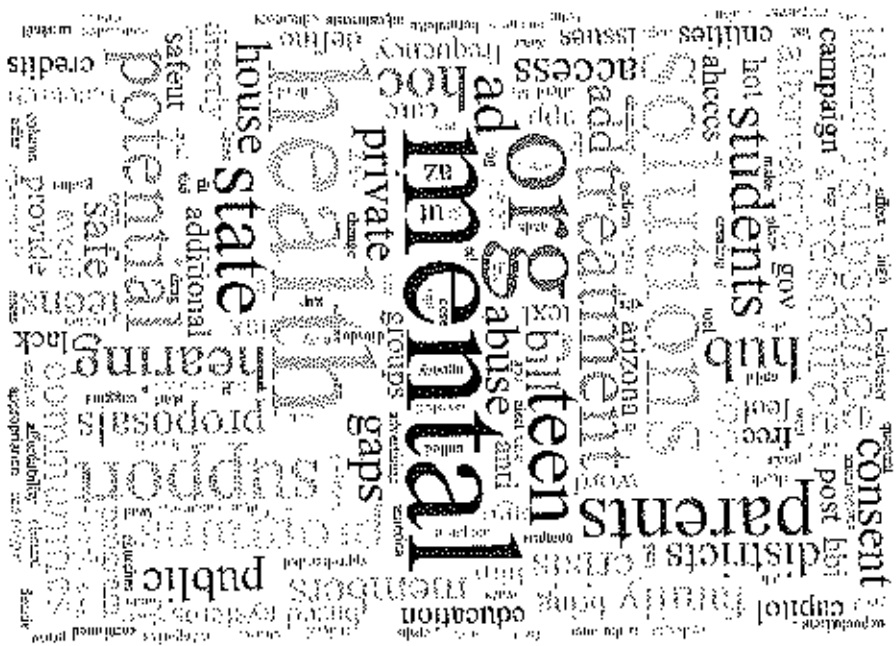
**Prevention, Crisis Management/Treatment, and Post Treatment/Support.**

☐ OUR SUB-COMMITTEE HAS IDENTIFIED AND DISCUSSED THREE AREAS OF NEED FOR FAMILIES IN OUR STATE AND COMMUNITIES:

PREVENTION  
CRISIS MANAGEMENT & TREATMENT  
POST-TREATMENT AND SUPPORT

WE HAVE IDENTIFIED GAPS AND POSSIBLE RECOMMENDATIONS

# SEEKING ACCESS TO INFORMATION AND RESOURCES



# IDENTIFYING GAPS AND RECOMMENDATIONS

## Gaps

1. Lack of easy access to information and resources.
2. Funding/Affordability for Families.
3. Lack of Treatment facilities to serve teenagers.
4. Need for treatment for teenagers in crisis who lack parental or guardianship consent to treat.
5. Need for universal evidenced based primary prevention messaging and programming/curriculum in all schools and community based organizations.

## Recommendations

1. Community Information Hub.
2. Tax Credit deductions for inpatient/outpatient treatment to relieve financial burden for families.
3. Increase Access to Treatment.
4. Legislative/Policy Changes to temporarily lower age of consent in emergency situations.
5. Explore resources to include additional funding school districts to offer primary prevention, Peer to Peer Programs, Tool Kits, SAFEAZ.

## **GAP/RECOMMENDATIONS #1**

### **COMMUNITY INFORMATION HUB - (LACK OF EASY ACCESS OF INFORMATION AND RESOURCES)**

#### **Gaps:**

- Most families don't know where to find information when they need it.
- No centralized location to send individuals, organizations and families.
- There are many exceptional coalitions and organizations, however schools/community groups/religious organizations are not aware that these resources exist.
- Lack of consistency reaching youth, parents, and stakeholders across the state.

#### **Recommendation-Community Information Hub**

- Task a Arizona State Department with rolling out the Community Information/Link Hub.
- State Agencies work with coalitions, non-profit organizations to provide information about Prevention, Education, Crisis Management and Treatment, Post Treatment and Support.
- SafeAZ concept could assist connecting to the Community Information Hub.



## **GAPS/RECOMMENDATIONS #2**

### **LACK OF ACCESS TO TREATMENT**

#### **Gaps:**

- Long wait times.
- Private insurance vs. AHCCCS - very few insurance's accept private, why we need deductions.
- Lack of Facilities in certain communities across the State.
- Lack of qualified workforce in needed fields / locations.
- Increase access to treatment to include geographical locations across the state.

#### **Recommendations:**

- Additional Providers.
- Residency Program.
- Re-evaluating licensing requirements.
- Apprenticeship Programs.
- Grow your own University/Community Colleges/ High School Districts.
- Policy Recommendations to incentivize local pilot programs.

## **GAP/RECOMMENDATION #3**

**LACK OF FUNDING / AFFORDABILITY FOR FAMILIES**

**Gaps:**

- Funding/Affordability for families.
- Lack of treatment facilities to serve teenagers.

**Recommendations:**

- Tax Credit deductions for inpatient/outpatient treatment to relieve financial burden for families.
- Match of funds/tax credits, facility expansions/development.
- Patient tax credits or adjustments to AHCCCS.

## GAP/RECOMMENDATIONS #4

EXPLORE ISSUES WITH CONSENT BASED ON AGE AND FAMILY SITUATIONS (PARENTS ARE ADDICTS, HOMELESSNESS, ETC.)

### Gaps:

- Need for treatment for teenagers in crisis who lack parental or guardianship consent to treat.
- Often lack of treatment due to no parent/guardian due to addiction/homelessness.
- Age of Consent.

### Recommendations:

- Suggest 16 and 17 years old could consent for a short period (just for 4 months for stabilization only)
- Include protective measures: 1. If any suicide risk parents must be informed or 2. Only mental stabilization therapy can be provided ie to avoid any hot topic objections.

## **GAP/RECOMMENDATION # 5**

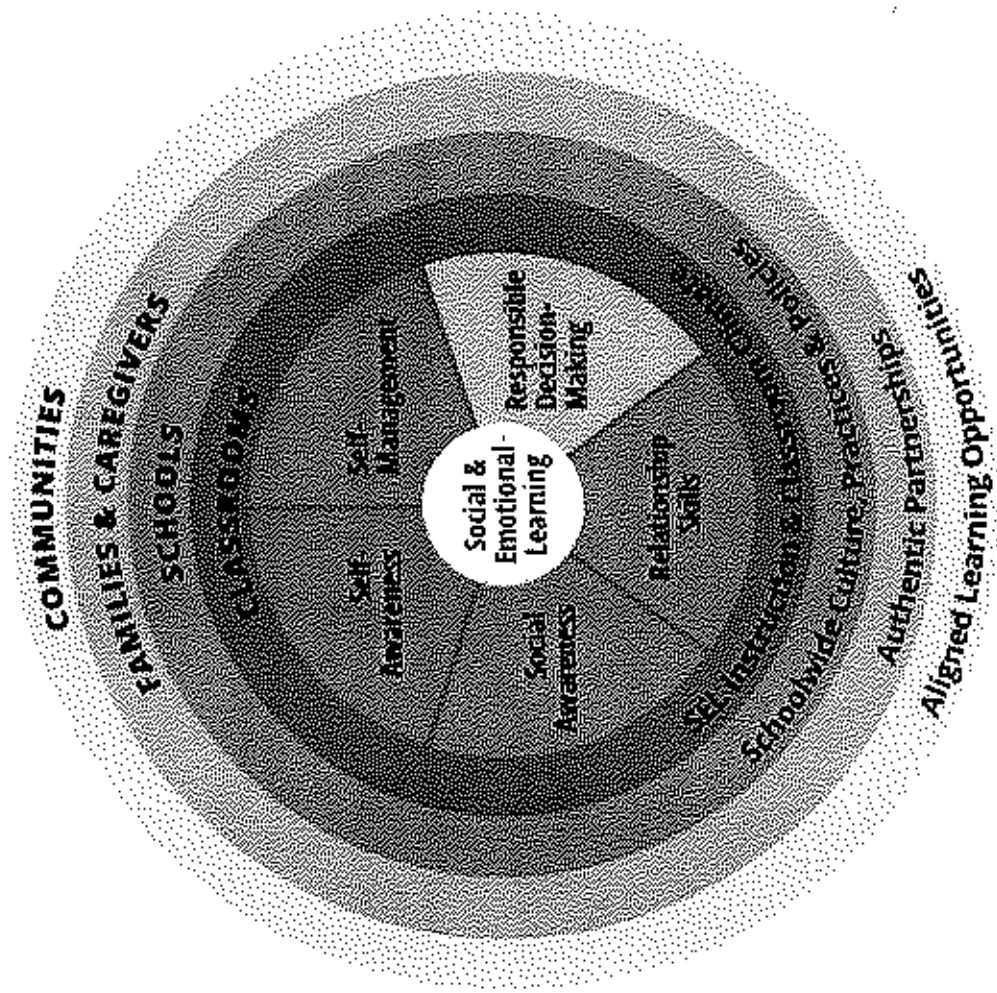
**NEED FOR ADDITIONAL SUPPORT FOR SCHOOL DISTRICTS TO IMPLEMENT DRUG PREVENTION EDUCATION**

### **Gaps:**

- Lack of consistency for Substance Abuse Prevention outreach among school districts.
- Need for approved current curriculums.

### **Recommendations:**

- Give additional funding to Districts to offer Mental Health First Aid Training, Substance Misuse Awareness Training, and Peer to Peer education to youth, staff and parents.
- Creating Tool Kits for School District Websites for families and students in English/Spanish.
- Statewide anonymous texting app: see SAFE UT for more info. (SAFE AZ Can act as the community hub to gather information for Prevention, Crisis Management, and Post Treatment and Support. Web Hub and Mobile App integration for Schools, Community, Teens/Students, and Families).





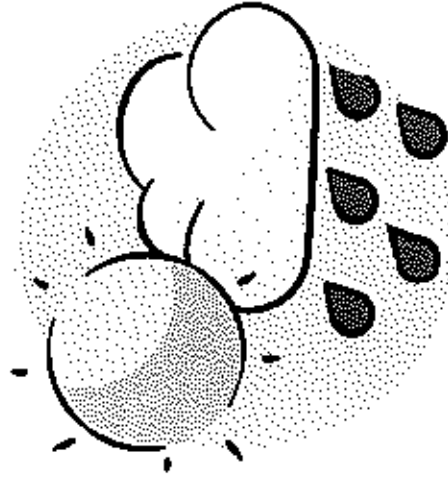


## ARIZONA CTE PROFESSIONAL SKILLS SOCIAL EMOTIONAL LEARNING COMPETENCIES CROSSWALK

The Arizona CTE Professional Skills Standards and Social Emotional Learning (SEL) competencies have been approved by AOE CTE and School Safety and Social Wellness to be taught together in CTE classes. This approval was based on the analysis of the Professional Skills standards and Arizona's SEL competencies by a committee of AOE and CTE specialists. Crosswalk created in January 2022.

AZ Professional Skills	SEL Competency	Reasoning/Rationale
<b>STANDARD 30 COMMUNICATIONS COMPETENCIES</b>		
<b>1. A. Masters core communication skills for the workplace.</b>		
-Delivers content accurately.	2. Self-Management	Regulates emotions and exhibits self-control.
-Persuades others.	4. Relationship Skills	Communicates clearly, listens well, and is able to negotiate conflicts.
-Uses communication skills appropriate to audience and situation.	5. Responsible Decision-Making	Is able to evaluate, reflect, and solve problems.
-Listens actively.		Demonstrates respect for diversity.
-Resolves conflicts.		Builds relationships with diverse groups and communities clearly.
<b>1. B. Communicates effectively in a diverse work environment.</b>	3. Social Awareness	Considers diversity, tolerance or climate.
-Communicates with diversity in mind.	4. Relationship Skills	Considers diversity tolerance or climate.
	5. Responsible Decision-Making	Assesses the impact of beliefs and biases.
<b>1. C. Uses technologies and social media for workplace communication.</b>		
-Exercises competence in using technology.		
-Applies the brand		
-Follows applicable laws and regulations.		
<b>1. D. Functional communication skill check points:</b>		
-Writes in languages required by Employer.	3. Social Awareness	Understands and adheres to social norms.
-Speaks in languages required by Employer.	4. Relationship Skills	Communicates clearly. Promotes positive social behaviors.
-Demonstrates reading comprehension.	5. Responsible Decision-Making	Reflects on the broader ethical consequences of one's decisions for intragroup, intergroup, and institutional relations.
-Presents with confidence.		
-Practices interpersonal skills.		
-Uses workplace technologies.		

**In 2021, Bark saw a 25.15% increase in alerts for self-harm and suicidal ideation among kids ages 12–18, as compared with 2020.**



## **Self-Harm/Suicide**

**43.09% of tweens and 74.61% of teens were involved in a self-harm/suicidal situation.**

Alerts for potential self-harm and suicide include anything from text messages about cutting to an email draft of a suicide note.

**National statistics surrounding self-harm/suicide:**

- Suicide is the second-leading cause of death for ages 10–24.



# Sexual Content

**68.97% of tweens and 90.73% of teens encountered nudity or content of a sexual nature.**

Alerts for sexual content can be anything from web searches for explicit content to a child receiving nude photos.

## Recent information regarding kids and sexual content:

- Sexting laws vary from state to state. Be sure to know the laws in your area.
- Research shows that teen sexting is associated with an increased risk of bullying victimization.



**In 2021, Bark alerts for anxiety were most often sent for kids age 15.**

A t t a c h m e n t   N e e d s :

S E E N

H E A R D

L O V E D

TRUST

NEED

RAGE

RELIEF

I AM OK, ADULTS ARE OK, THE WORLD IS OK

HUNGER, LONELY, UNCOMFORTABLE, IN PAIN

ANGRY, HELPLESS, HOPELESS

CAREGIVER/RELATIVE RESPONDS TO CHILD/ADULT WITH EMPATHY



# Public Health Model Approach

PREVENTION  
**WELL  
BEING**

INTERVENTION  
**DISTRESS**

POSTVENTION  
**CRISIS**



A t t a c h m e n t   N e e d s :

S E E N

H E A R D

L O V E D

TRUST I AM OK, ADULTS ARE OK, THE WORLD IS OK

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ANGRY, HELPLESS, HOPELESS

RELIEF

CAREGIVER/RELATIVE RESPONDS TO CHILD/ADULT WITH EMPATHY



# CHILDHOOD 2.0

